

## Nyam and Go – Mango Lassi



Prep time: **10 minutes** Yield: **Makes about 2 cups**

*Depending on how ripe and sweet your mango is, or if you are using canned and already sweetened mango pulp, you will need to add more or less honey or sugar to the lassi.*

*If you have cardamom pods, crush the pods to remove the seeds, then grind the seeds with a mortar and pestle.*

### INGREDIENTS

1. 1 cup plain yogurt
2. 1/2 cup milk
3. 1 cup chopped very ripe mango (see [how to peel and chop mango](#)), frozen chopped mango, or a cup of canned mango pulp
4. 4 teaspoons honey or sugar, more or less to taste
5. A dash of ground cardamom (optional)
6. Ice (optional)

### METHOD

1. Put mango, yogurt, milk, sugar and cardamom into a blender and blend for 2 minutes.
2. If you want a more milkshake consistency and it's a hot day, either blend in some ice as well or serve over ice cubes.



3. Sprinkle with a tiny pinch of ground cardamom to serve.
4. The lassi can be kept refrigerated for up to 24 hours.