



Pure bliss.

I know, I know...commonly found in India and Pakistan, BUT... also so popular in Poland among cold, refreshing drinks (:

Perfect for long, hot summer days, no matter where you are (:

### **Ingredients:**

Makes for about 4 cups

2 mangos peeled and cut. You can use any good variety.

1.5 cups of light, natural or mango yogurt

1 cup of cold milk

4 tbsp honey pinch of cardamom powder (optional)

1/2 cup crushed ice cubes

### **Directions:**

Whip all the ingredients in a blender for about a minute. Pour mango lassi in glasses and enjoy a glass of sunshine.

Cheers! (:





