

Mango Lassi

Ingredients

2 large mangoes (Skin removed and the seeds discarded)
Juice from one lime
3 teaspoons sugar
4 pods (whole) cardamom - seeds and all
350 grams yoghurt
500 ml ice cold water

Method

Add all the ingredients to a blender. Blend well until smooth approx. 30 seconds
Always serve cold for best results

Enjoy!!