

Mango Lassi

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Ingredients

2 cups of fresh chopped mango pieces, about 3 to 4 medium sized mangoes
2 cups chilled full fat fresh curd/yoghurt
2 to 3 tbsp cream 25% to 30% fat or malai (optional)
 $\frac{1}{2}$ tsp cardamom powder or $\frac{1}{2}$ tbsp rose water or a pinch of saffron strands
4 to 5 tbsp sugar or honey or add as required. this also can be skipped if the mangoes are very sweet
few mint leaves for garnish or mango cubes or sliced dry fruits

Directions

Peel the mangoes and chop them.

In a blender or mixer, puree the mangoes with sugar or honey and cardamom powder or saffron or rose water.

Now add the chilled curd/yogurt and cream.

Add some ice cubes.

Blend for some seconds till the everything is mixed well and the yogurt has become smooth.

Pour mango lassi in glasses and serve garnished with mint leaves or cubes of mango

If you want a slightly thin consistency, then add some milk to the mango lassi while blending.