



Spider Demo Kitchen

Mango Lassi

yield: 2 servings

Ingredients:

- 1 1/2 cups Mango, fresh or frozen, peeled and chopped
- 3/4 cup Plain Greek yogurt
- 1/2 cup Milk of choice or water, plus more if needed
- 1-2 tsp Honey
- 1 pinch Cardamom, cinnamon, or cumin

Instructions:

1. In the pitcher of a blender, add mango, yogurt, milk/water, honey, and cardamom. Blend until smooth and creamy.
2. Taste, and adjust for sweetness, and consistency. Add more liquid or honey as needed.
3. Pour and serve. Keep chilled to serve, this can be refrigerated for up to a day.



Note: to make this vegan, swap dairy yogurt for coconut or soy alternative. Use a different sweetener based on your preferences.

UR Dining



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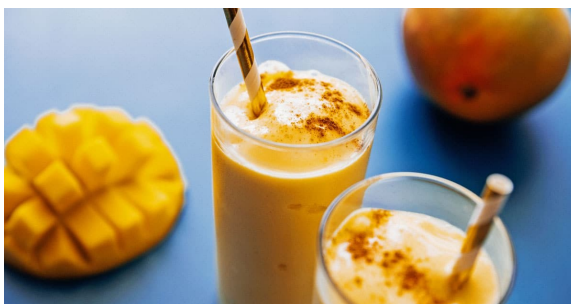
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