Ingredients
- 2 cups plain whole milk yogurt
- 1 cup milk
- 3 mangoes – peeled, seeded, and chopped or tinned mango pulp
- 4 teaspoons white sugar
- 1/8 teaspoon ground cardamom

Directions
1. Place the yogurt, milk, mangoes, white sugar, and cardamom into blender and blend until smooth, about 2 minutes.
2. Chill in the refrigerator for 1 hour or until cold, and serve sprinkled with a little ground cardamom.

Mango Lassi