



Mango Lassi

Serves 2

250g natural yoghurt or kefir

1 ripe mango, flesh only (or a good handful of frozen mango)

5 ice cubes (or a few tablespoons of water if using frozen mango)

Juice from 1 lime

Pinch of cardamom or chilli powder

Raw honey to sweeten (optional)

Blend it all in a high-speed blender until creamy and smooth. Serve with ice, or a drizzle of raw honey.

Tips

- Make a big batch, and sip it straight from the fridge for up to 3 days
- Switch the flavours up by swapping out the cardamom for turmeric and fresh ginger
- Keep it vegan and use chicory root syrup in place of honey, and coconut kefir