



# INDIA



## Punjabi Inspired “Mango Lassi”

*1 Serving*

### Ingredients

- 4 cups – skim milk
- 8 cups – vanilla yogurt
- 12 ½ cups – frozen mango chunks
- 2 tsp – ground cardamom

### Method

1. Add yogurt, mango and cardamom to measurement marked container and blend until smooth using an immersion blender.
2. Add milk and blend an additional 30 seconds

**Serve and Enjoy!**