

Mango Lassi | bites out of life

- 3/4 cup mango (1 small to medium-sized mango)
- 1/2 cup thick yogurt
- 1/4 cup milk
- 2 teaspoons sugar*

*After giving your lassi a spin once in the blender, taste it to see how sweet it is. Depending on how sweet your mango is and your preference for sour foods, you may need less than this amount (or even no sugar, if your mango is overripe), or more than this amount. Add by the teaspoon so you don't accidentally oversweeten -- lassi is usually on the tart side.



- 1) Cut the mango: find the top of the mango (with the seed bump) and center the mango on your cutting board with the bump facing up towards you. Slice straight downwards to the right of the seed bump, then repeat on the left of the seed bump. You should have two large pieces of flesh, and one flat mango seed.
- 2) Dice the mango: cut a deep crosshatch pattern into the mango flesh pieces. Be careful not to cut the skin. Use a spoon to scoop out the mango pieces. Slice off any flesh from the left and right sides of the pulp and dice.
- 3) Combine the mango, yogurt and milk in a blender and mix until smooth. Taste and add sugar as needed.

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