GUNGE MANGO LASSI



ingredients

- 1 cup chopped very ripe mango (see how to peel and chop mango), frozen chopped mango, or canned mango pulp
- 1 cup plain yogurt
- 1/2 cup milk
- 4 teaspoons honey or sugar, more or less to taste
- Dash ground cardamom, optional
- Ice, optional
- Food colouring and glitter for gungey twist

method

Add the ingredients to the blender

Put the mango, yogurt, milk, honey (or sugar), and cardamom (optional) into a blender and blend for 2 minutes.

If you want a thicker consistency, either blend in some ice as well or serve over ice cubes.

Serve with a sprinkle of cardamom

Pour contents into a glass and sprinkle with a tiny pinch of ground cardamom to serve.

The lassi can be kept refrigerated for up to
24 hours.

He reka - enjoy!