

Cooling MANGO-LASSI



Lassi in general is a refreshing, light drink that strengthens the digestive system. Mango Lassi in particular balances Pitta Dosha.

For two glasses of 300 ml:

200g mango
150g yoghurt
200 ml water
1/2 teaspoon of cardamom
1/8 teaspoon ginger
a pinch of ground cloves
1 tablespoon of lemon juice
a pinch of salt
1 tablespoon of raw cane sugar or other
sweetener, e.g. maple syrup

For the preparation, ideally use a ripe organic mango and freshly prepared yoghurt or yoghurt in Demeter quality.

Preparation:

Peel and cut the mango and mix the pieces with the other ingredients in a blender until a homogeneous liquid is formed. Fill into glasses and serve cool.

If you want to go fancy, moisten the rim of the glasses and dip them in sugar before filling them.

You can also prepare variations of this Lassi with other fruits such as ripe peaches, nectarines, or apricots.



Enjoy!