

HALDI MANGO LASSI

This fruity lassi is just the ticket if you've overdone it over the festive period! According to both ancient Ayurvedic principles and modern day health trends turmeric is a super spice, mango is vitamin and fibre rich and yogurt is good for digestive health.

Prep
5 mins

Cook
0 mins

Heat


Serves
2

1 medium **mango** (or 200g ready-prepared) - roughly chopped

150g **natural yogurt** (full fat is best)

3 tbsp **honey**

Ice to serve

1

Blend the mango with the yogurt, honey, 200ml water, 1 tsp **HALDI BLEND** and a pinch of salt until smooth and pourable. Serve over ice

1 tsp



HALDI BLEND

HALDI MANGO LASSI



EXTRAS
#32

ALSO WORKS A TREAT WITH...

- Banana in place of the mango

RAISE YOUR GAME BY...

Adding a squeeze of lime juice



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