



## MANGO LASSI

### Ingredients:

1 ripe mango, skin off and chopped into small pieces (frozen mango also works well)

400g mango pulp

150g natural yoghurt

300ml fresh coconut milk

Juice of half a lime

$\frac{1}{2}$  tsp cinnamon powder

5 mint leaves

### Method:

Add all ingredients to a liquidiser and blend until smooth. Serve immediately