

# Lassi with Cardamom Tea

## India

A creamy and refreshing yogurt-based drink with the aromatic flavor of cardamom.

**PREP TIME:** 10 minutes

**COOK TIME:** 0 minutes

2 C plain yogurt  
1/2 C cold water  
1/4 C granulated sugar (adjust to taste)  
1 † Almond Cardamom Cake tea leaves,

placed into a tea bag for easy removal  
1/2 † ground cardamom  
Ice cubes  
Cardamom pods for garnish

**STEEP THE TEA:** In a small bowl, steep the Almond Cardamom Cake tea bag in 1/4 C hot water for 5 minutes. Remove the tea bag and let the tea cool, discarding the tea bag.

**BLEND THE INGREDIENTS:** In a blender, combine the yogurt, cold water, sugar, steeped tea, and ground cardamom. Blend until smooth.

**SERVE:** Pour into glasses over ice cubes and garnish with cardamom pods.