

# Mango Lassi

**TOTAL TIME:** 10 minutes

1 C fresh mango, chopped  
1 C plain yogurt  
1/2 C milk  
2 T sugar

1/4 t ground cardamom  
Ice cubes  
1 t Mango Mélange tea, finely ground

**BLEND INGREDIENTS:** Combine mango, yogurt, milk, sugar, cardamom, and Mango Mélange tea in a blender. Blend until smooth.

**SERVE:** Pour into a glass and serve over ice.

**ORIGIN:** Lassi originated in the Punjab region of the Indian subcontinent, traditionally made with yogurt and spices.