



FOLD

## Sweet & Fruity Lassi

A lassi is a drink that originated in India – and as Spats reported, it’s sugar, spice, and everything nice. Both spat-tacular and snacktacular! Recipe makes approximately 3 eight-ounce delicious drinks.

### INGREDIENTS:

1 cup plain whole milk yogurt  
1/2 cup milk  
4 teaspoons sugar  
1 cup frozen chopped mango or 2 ripe bananas cut into pieces  
4 large ice cubes  
3-4 dashes ground cardamom or 8 or more fresh mint leaves (washed and stems removed)

**STEP 1** Spoon yogurt in blender, and empty the entire measuring cup.

**STEP 2** Add mango or bananas, as well as milk, sugar, ice, and cardamom or mint leaves.

**STEP 3** Put the lid on blender, making sure it is secure. Ask a grown-up to blend on high until smooth.

**STEP 4** Pour, serve, and enjoy!

