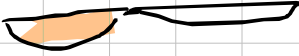
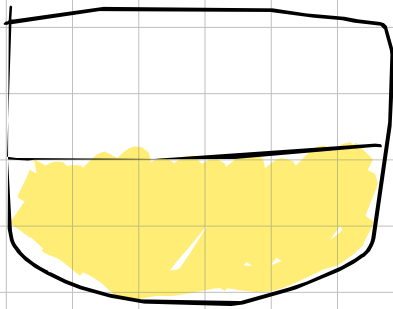


Mango Lassi 4 servings
(blend this)

 teaspoon cardamom

 teaspoon sugar



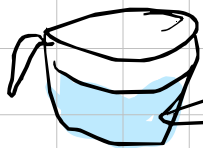
half the bag
of
frozen mango
chunks



Whole milk



flavored yogurt



$\frac{1}{2}$ cup water to taste
(some of you like a thick lassi)