

## Mango Lassi

<http://userealbutter.com/2013/03/27/mango-lassi-recipe/>  
from [Kalyn's Kitchen](#)

1 1/2 cups fresh mango, peeled and diced  
1 1/2 cups plain non-fat yogurt  
1/2 cup chilled water  
1 tbsp sugar  
pinch ground cardamom (optional)

Purée the diced mango in a blender or food processor until smooth. Add the yogurt, water, sugar, and ground cardamom (optional). Pulse until blended. Serve chilled.