



# Dairy-Free Mango Lassi

Serves 2 people

Our rich dairy-free mango lassi is essentially a smoothie made with ZENZO coconut yoghurt and mango - so easy to make, it definitely leaves your taste buds calling for more so make sure you have a few mangos on hand and plenty of yoghurt!

**Difficulty Level:** Easy  
**Prep Time:** 5 minutes  
**Cook Time:** 0 minutes  
**Total Time:** 5 minutes



## INGREDIENTS

- 1½ cup ZENZO plain Coconut Yoghurt (Or Mango Passion)
- 1 cup chopped mango (peeled and stone removed)
- Sugar, Stevia or honey to taste
- ½ tsp ground cardamom (optional)
- 4 cubes of ice

## HOW TO MAKE

1. Place mango, yoghurt, sugar, ice and cardamom into a blender and blend for 2 minutes.
2. Pour into individual glasses and enjoy!

