



My mango and cardamom lassi has all the right flavor combinations that will make you feel like you are having a taste of edible sunshine!

### Ingredients

1 large apple-mango	1 teaspoon of freshly grated ginger
250 ml of plain yogurt	1 tablespoon of finely chopped mint
2 tablespoons of honey	Mint leaves for garnish
1 teaspoon of whole cardamom	3 tablespoons of Guinness stout

### Method

Wash your mango and peel it. Slice it into small pieces. Set aside. Finely chop your mint, grate your garlic and set all those aside too. Crush the cardamom pod open and grind the black seed into a powder using a pestle and mortar.

In a blender, add the plain yogurt, followed by the mango, and the rest of the other ingredients. Blend until they are all combined. Ladle this into your goblet and enjoy.



SERVE WITH: a meal of choice or on its own

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/mango-cardamom-lassi/>