



Mango and Cardamom Lassi

Fun Fact: Mango Lassi is a traditional South Asian beverage. In fact it is one of the most popular beverages in Northern India. Mango Lassi is also a favorite at Indian restaurants worldwide. The mango lassi drink is a cross between a smoothie and a milk shake and is smooth, creamy, and makes a great contrast to the spices often found in Indian and Asian cuisine.

Makes 4 servings

Makes 8 servings

Ingredients	Supplies
1 $\frac{1}{2}$ or 3 large ripe mangoes, peeled and cut into chunks	Measuring cups
2 $\frac{1}{4}$ or 4 $\frac{1}{2}$ cups plain yogurt	Measuring spoons
3 or 6 Tbsp honey, plus more to taste	Cutting boards
2 $\frac{1}{4}$ or 1 tsp cardamom, plus extra for sprinkling/garnish	Chefs knife
Ice (optional)	Paring knives
	Blender
	Rubber spatula
	Serving cups

Directions

1. Put mango, yogurt, honey and cardamom in a blender. Blend until even and frothy, about 30 seconds.
2. Serve with or without ice, and with a pinch of cardamom on top.

Take It Down A Notch—If you are teaching a Pre-K or young Tiny Chefs class, please peel and seed the mango. Del Monte sells jarred mango in the produce section. Just drain it and dry it slightly with paper towels so it isn't too slippery and little hands can chop it with plastic knives.



Kick It Up A Notch— Have a robust discussion about spices. Bring in a few in addition to the cardamom and compare and talk about.