

# Mango Lassi

## INGREDIENTS

3 cups fresh mango  
1/2 cup plain, unsweetened vegan yogurt (*we used a cashew based yogurt, but soy, almond or coconut should work just fine here*)  
1/2 cup coconut milk  
1/2 cup ice  
1/4 teaspoon ground cardamom

## DIRECTIONS

In a high speed blender combine mango, yogurt, coconut milk, ice and ground cardamom. Split between two tall glasses, or half the recipe for a single serving. Leftovers can be refrigerated overnight, but it is best served fresh. Enjoy!

