

# Make Your Own Mango Lassi

**Mango lassi** (*pronounced lussy, rhymes with fussy*) is a favorite drink at Indian restaurants. It's basically a fruit smoothie made with mango and yogurt.

## What You Need



### **Mango**

Fresh mango, frozen mango, or mango pulp



### **Plain Yogurt**

Dairy or plant-based



### **Milk**

Dairy or plant-based



### **Sweetener**

Honey or sugar



### **Spices**

Cinnamon or cardamom



### **Toppings**

Optional: crushed pistachios or saffron



### **Pencil**

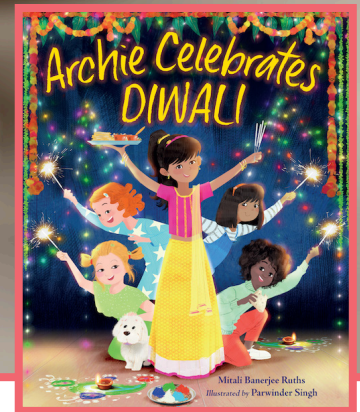
or way to take notes in the kitchen



### **Blender**



MITALI  
BANERJEE  
RUTHS



**Step 1:** Put ingredients in the blender.

**1 cup mango**  
(fresh, frozen, or  
canned pulp)

**½ cup milk**  
(dairy or plant-based)

**1 cup yogurt**  
(dairy or plant-based)

**1 tbsp honey**  
(or sugar or other  
sweetener to taste)

**¼ tsp cinnamon**  
(or cardamom)

**Notes**

**Step 2:** Blend until smooth, then pour into glasses.

*Optional:* Add toppings like crushed pistachios or saffron.

**Step 3:** Do a taste test. Try different ingredients. Does the taste change if you use a different kind of milk? How about sugar instead of honey? Cardamom instead of cinnamon? Cardamom AND cinnamon? Discover your favorite way to make mango lassi at home. [Share on Instagram #archiecelebratesdiwali](#)

**Mitali's favorite way to make mango lassi:** fresh mango, plant-based oatmilk yogurt, honey, and freshly grated cinnamon with crushed pistachios on top