

# Mango Lassi

Serves 4

By Leah Pokrasso

Leah Pokrasso, Certified Natural Chef and Nutrition Consultant

leahpokrasso@gmail.com

## Ingredients:

- 1 Ataulfo (small yellow) mangos, peeled and diced
- 1 cup whole fat plain yogurt
- 1 T lime juice
- 3 T of palm sugar
- 1/2 cup crushed ice cubes
- pinch of salt



## Directions:

Place all the ingredients in a blender. Blend until it is creamy and smooth ~ enjoy!

