

# Mango Lassi

## Equipment

Measuring cups  
Measuring spoons  
Chopping board & knives  
Blender  
Mixing spoon

## Ingredients

1 cup diced fresh mango  
1 cup plain non-fat yoghurt  
½ cup milk  
2 tablespoons white sugar  
Dash of cinnamon (optional)

## How TO MAKE IT:

- 1 Add all the ingredients to the bowl of a blender.
- 2 Puree until smooth. Serve immediately.

