

Mango and Banana Sunset Lassi

Lassi is a cooling yoghurt drink. It is usually drunk during the hot summer months but is also drunk after a meal as it is thought to aid digestion. Traditionally, rose water is a common ingredient and adds a sweet perfumed aroma.



Milk*

Nutritional information per portion (98g):

Energy	Fat	Saturates	Sugars	Salt
241kJ 57kcal 3%	0.7g 1%	0.4g 2%	11g 12%	0.07g 1%

of an adult's reference intake.
Typical values per 100g: energy 246kJ/58kcal.

Equipment

Chopping board
Sharp knife
Colander
Measuring jug
Metal spoon
Blender
Can opener
(if using canned mango)
Glasses to serve

Ingredients

Serves 6-8
1 ripe mango OR
1 x 400g can mango
in juice
1 banana
200ml low-fat natural
yoghurt
100ml semi-skimmed
OR skimmed milk
100ml water
2 x 5ml spoons runny
honey
1 x 15ml spoon rose
water (optional)
Sprig of mint to
garnish (optional)
Ice cubes (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- If using canned mango, use the juice instead of water for extra flavour.
- Use non-dairy alternatives (such as soy milk and yoghurt) for people with dairy allergies.

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Method

1. De-stone and chop the mango, into roughly 2cm pieces (if using fresh). Use a sharp knife to slice off the side of the mango, getting as close as possible to the stone in the centre. Do the same thing on the other side. Then cut a grid of 2cm cubes into the flesh of each mango half – being careful to get close to the skin without going through it. Using both hands, turn the mango halves inside out, so that the cubes pop up from the skin. Slice off the pieces. If using canned mango open the can and drain away the juice.
2. Peel and chop the banana into 8 pieces.
3. Put the chopped mango and banana into the blender. Measure out the milk and add to the fruit. Blend until smooth, it should take around ten seconds.
4. Add all the remaining ingredients (apart from the mint) and blend until smooth and frothy.
5. Pour into glasses and serve with ice cubes and a sprig of mint (if using).

Something to try next time

- Add a scoop of ice-cream or frozen yoghurt to float on the top.
- Try freezing fruit juice in ice trays (cranberry, pineapple or mango juice). Crush the colourful ice cubes and add to the lassi just before serving.

Skills used include:

Measuring, chopping, blending and serving.