



LUSCIOUS LIME LASSI WITH MANGO

This recipe serves 6 - 8.

INGREDIENTS

- 3 large ripe mangoes - 'hedgehogged'
- 4 limes
- 2 lemons
- 2 tablespoons clear honey
- 500ml fat-reduced yoghurt
- very cold water

EQUIPMENT

- electric blender
- chopping board
- sharp knife
- grater
- lemon squeezer
- tablespoon
- scraper
- serving glasses

HOW TO MAKE IT

1. Prepare the mangoes and place the flesh in the blender. Reserving one of the limes for later decoration, grate the zest from the others and squeeze the juice. Add the zest and juice to the blender.

2. Squeeze the juice from the lemons and add it to the blender with the honey and yoghurt.

3. Whizz the ingredients until smooth. Add cold water to adjust the consistency and to thin the lassi so that it becomes a drinkable liquid. Whizz again to combine the ingredients.

4. Pour the lassi into glasses and decorate it with slices of the reserved lime.

HOT TIP: To 'hedgehog' a mango, wipe the skin with a clean cloth. Cut the 'cheeks' from the mango either side of its flat stone. Cut the flesh into cubes (without piercing the skin of each cheek) and scoop the flesh out with a teaspoon. Carefully trim the remaining skin away from the stone and remove any flesh clinging to it.