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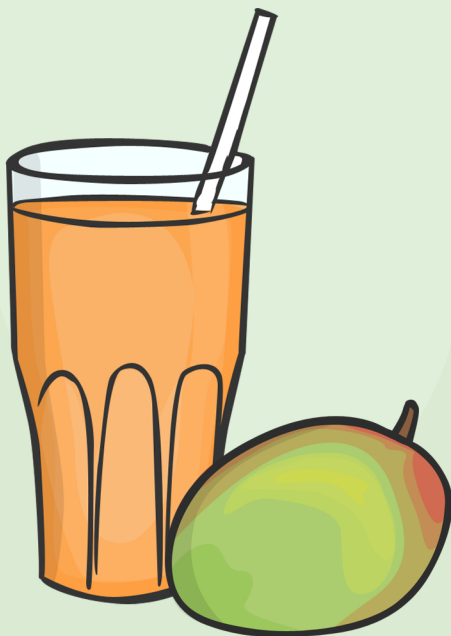


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How to Make Mango Lassi for Diwali

This yummy mango drink is like
an Indian smoothie.



You will need...

Ingredients

255 millilitres of plain yoghurt
130 millilitres of semi-skimmed milk
3 ripe fresh mangoes
4 teaspoons of caster sugar

Apparatus

Chopping board and knife
Blender
Glasses

Step 1

Hold the mango on its side and slice downwards to remove one side of the mango. The knife should slide past the stone inside the mango. Turn the mango around and repeat on the other side.



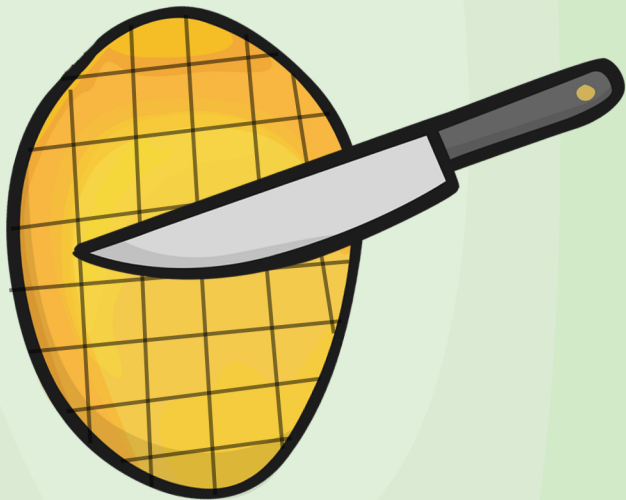
Step 2

Score along the length of the mango into the flesh, taking care not to cut through the skin.



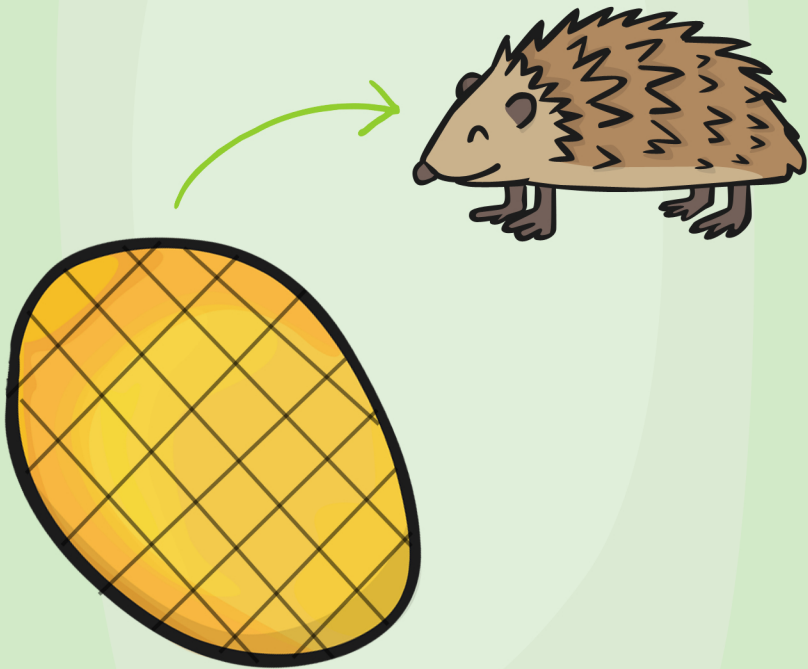
Step 3

Turn the mango 90 degrees and score along the flesh again to make a criss-cross pattern.



Step 4

Turn the mango over and push the skin to pop the flesh out like a hedgehog.



Step 5

Cut the mango flesh away from the skin and place in the blender with the yoghurt, milk and sugar.



Step 6

Blend the ingredients until completely smooth.



Step 7

Pour into individual glasses and serve!

