



Sweet Lassi Recipe –

Sweet Lassi is a highly popular cooling and refreshing drink which is usually had during summers in India. It is a yogurt-based smoothie with an assortment of flavorings – ranging from cardamom, pistachios or saffron

This sweet lassi can be easily made at home and very light and frothy drink.

- Prep Time: 5 minutes
- Cook Time: 5 minutes

Ingredients –

- 2 cups of plain yogurt (thick)
- 3 tbsp of granulated sugar (fine)
- ¼ cup ice cold water
- ½ tsp cardamom powder
- 1 tbsp fresh cream (optional)
- For flavorings – 2-3 small dry fruits like - almonds, cashews, pistachios (chopped fine)

Instructions –

- In a bowl or tall jug, take 2 cups of fresh chilled yogurt
- It could be plain vanilla (sweet) or flavored like strawberry or mango
- Whisk it till the Yogurt turns smooth.
- Add 1 cup of chilled water. You may also use 1 cup of chilled milk instead of the water if you like.
- Add 2-3 tsp of Sugar / Splenda (as needed, based on taste) & then add 2-3 pieces of ice cubes into it
- Then add the cardamom powder.
- Use a blender or wired whisk to just mix the yogurt till it becomes smooth and a frothy layer is formed on top.
The consistency of the lassi should be neither thin (waterline) nor thick (thick cream)
- You may add cream (additionally) in case you prefer a rich, creamy taste. And give it a good stir.
- Transfer the now ready Lassi into a serving glass (try using a tall smoothie glass / jar)
- Add 5-6 ice cubes to the now ready drink

- Garnish it on top with chopped cashew, crushed pistachios (you may skip this step of adding flavoring ingredients if you don't have any)
- Enjoy the chilled Lassi drink!