

Recipe

Mango Lassi Pops

(Makes 4 servings)

Mango Lassi pops are a yummy twist on a popular Indian drink, and they're simple to make!

First you'll need:

- 3 cups frozen or fresh chopped mango
- 1 cup whole-milk, plain yogurt
- 2 tablespoons cream (or milk)
- 3 tablespoons honey
- ½ teaspoon ground cardamom
- Juice from ½ freshly squeezed lime
- A blender, popsicle sticks or straws, paper cups

Here's how you make it:

- Put all ingredients in the blender, and blend well.
- Pour into small paper cups and insert popsicle sticks or thick straws.
- Freeze, unwrap from paper cups, then serve with shredded coconut.
- Enjoy!

