

Recipes

Mango lassi

(Serves 4 - child size servings of about 125ml)

Cost: around 15p per serving

300ml milk

1 mango, peeled and stoned or 100g frozen mango chunks

3 tablespoons Greek yoghurt

- We think it is sweet enough but taste it and add a spoon of honey if you want it sweeter
1. Add all ingredients to a jug and blend with a hand blender or thoroughly mash and whisk
 2. Serve straight away

