



MANGO AND CHIA SEED LASSI

Ice Crush Program

Serves 4 – Preparation time: 10 min

1 large mango
2 tsp chia seeds
500 ml plain yoghurt

200 ml milk
2 tbsp cane sugar
2 ice cubes

Peel the mango and cut off the flesh around the stone.
Add the mango, chia seeds, yoghurt and sugar to the blender. Add the milk and ice cubes.
Select the Ice Crush programme, then press the Start/Stop button. When the programme is finished, pour the lassi into glasses and serve immediately.

TEFAL TIP:

Sprinkle the lassi with pan masala, an Indian seed and nut mixture that promotes healthy digestion.