

LASSI RECIPES USING COURT LODGE ORGANICS NATURAL POURING YOGURT

Besides Indian tea known as "Chai", Lassi is the most popular drink of the people of India. Lassi is made in two ways either sweet or salty. On a hot sunny day it is only natural to quench one's thirst with a tall glass of Lassi.

Sweet Lassi

1 cup of pouring yogurt
1/2 a cup of chilled water (sparkling water is lovely for this)
1/2 a cup of ice cubes
3 to 5 teaspoons of sugar
A pinch of salt
Blend all the ingredients at high speed till frothy.
Makes two to three glasses of Lassi.

Salty Lassi

This Salty Lassi is spiced with cumin, cardamom seeds are sometimes used instead
1 tsp ground cumin seeds
1 cup natural pouring yogurt
1/2 cup chilled water
2 teaspoons lemon juice
1/2 to 1 tsp salt
1/2 cup of ice cubes
In a blender blend all the ingredients. Serve chilled.
Makes 4 servings.

Mango Lassi

1 cup natural pouring yogurt
1/2 cup mango pulp (fresh or canned)
1 cup crushed ice
3 table spoons sugar

Blend all of the above. Add a little water if the consistency is too thick.
Keep refrigerated
Serve chilled. Makes 4 servings.

Sweet Banana Lassi

a nourishing Lassi, this could well replace a breakfast or lunch
2 tablespoons sugar
1 cup crushed ice
1 cup natural pouring yogurt
1 ripe banana, peeled & sliced
Blend till smooth, pour into 2 glasses and serve.