



MANGO LASSI SYLLABUB

-  **Prep: 10 minutes**
-  **Cook: 5-6 minutes**
-  **Serves: 4**

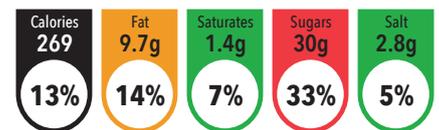
INGREDIENTS:

- 75g pistachio kernels, roughly chopped
- 200g fat free natural yogurt
- 2 tbsp runny honey
- 200g fat free Greek yogurt
- ¼ tsp **LoSalt**
- 2 cardamom pods
- 2 ripe mangos, skinned and flesh roughly diced

METHOD:

1. Preheat the oven to 200°C, gas mark 6. Line a baking tray with baking parchment.
2. Mix the pistachios with the honey and **LoSalt** and spread on to the prepared tray, bake for 5-6 minutes then allow to cool.
3. Meanwhile, crush the black seeds from the cardamom pods and place in a blender with the mango until smooth. Spoon half into 4 small glasses.
4. Mix the yogurts together and divide between the glasses. Top with remaining mango.
5. Sprinkle with the salted pistachios to serve.

Each serving contains



of your guideline daily amount

COOKS TIP:

Try using a flavoured yogurt or mix the pistachios with roughly chopped walnuts.