



Mango Lassi

High in calcium and protein, excellent for reproductive health

2 very ripe, medium-sized mangoes

2 cups plain yogurt

2 tbsp. maple syrup (Grade B) or honey (local if possible)

6 ice cubes

8 tsp. rose water

Peel and slice mangoes. Combine all ingredients in a blender at high speed. Makes about 4 servings.

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