

Lassi

Serves 4



Ingredients (allergens in bold)

- 2 ripe nectarines or clementines
- 8 - 10 raspberries
- 2 tablespoons clear honey
- 500ml full fat **yoghurt**
- 150ml **milk**

Method

1. Peel the nectarines, discard the stones and chop the fruit into chunks. Put them in the blender.
2. Add the raspberries and honey.
3. Add the yoghurt, put the lid on and whizz it until it is smooth. If it is too thick, add a little milk.
4. Pour into glasses and serve it chilled.



Equipment

- Sharp knife
- Chopping board
- Blender
- Tablespoon
- Measuring jug
- 3-4 glasses

Recipe notes and tips

- Fruit can become slippery when peeling. Take care when cutting!
- A lovely cooling drink that goes well with curry recipes.