

Mint Lassi

From -about.com

1 cup loosely packed mint leaves

2 cups plain yogurt – whole milk yields the most “drinkable” lassi, since it doesn't contain any thickeners, but low-fat and non-fat yogurt work fine too

2 Tbsp sugar, honey, or agave syrup – plus more to taste

1 tsp lime or lemon juice – plus more to taste

- Put mint, yogurt, sweetener, and lime juice in a blender.
- Whirl until smooth.
- Taste and add more sweetener or lime juice if you like.
- Pour into glasses and serve.



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