

# meethí lassí

preparation time: 10 minutes  
cooking time: 10 minutes  
chilli rating: mild

difficulty level: easy  
serves: 10



## ingredients

pinch saffron threads

$\frac{2}{3}$  cup milk, heated

3 tbs green cardamom pods

8 cups plain (natural) whole-  
milk yoghurt

$\frac{1}{2}$  cup caster sugar

crushed ice, to serve

## method

In a small bowl, combine saffron and warm milk and set aside for 10 minutes.

In a large bowl, combine saffron mixture, cardamom, yoghurt and sugar.

Whisk thoroughly until sugar dissolves and mixture starts to froth.

Pour into glasses, add some crushed ice and serve immediately.

To make a thinner lassí, add more milk as preferred.

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