

LASSI (YOGURT DRINK)

Ingredients:

5 c. White Mountain Foods Bulgarian Yogurt
5 cardamom pods
6 T. honey
1 T. rose water
1/8 tsp. nutmeg

Directions:

Remove seeds from cardamom pods and crush seeds. Blend 3 cups yogurt, cardamom and sugar in a electric blender. Beat remaining yogurt well in a bowl. Add to contents of blender and mix well. Add rose water to yogurt and mix well. Serve in individual glasses and sprinkle with nutmeg. Serves 4.