

## Ingredients

1 mango, peeled, stoned and
chopped
4 tbsp Greek yoghurt
Splash of cold milk
3 tsp of sugar (or to taste)
1 handful of ice cubes
Sprinkle of cardamom powcler

## Wethod

01 Put the yoghurt, milk, mango, sugar, ice into a blencler and blitz until smooth.

02 Pour the mixture into a tumbler and sprinkle with some cardamom powder.

