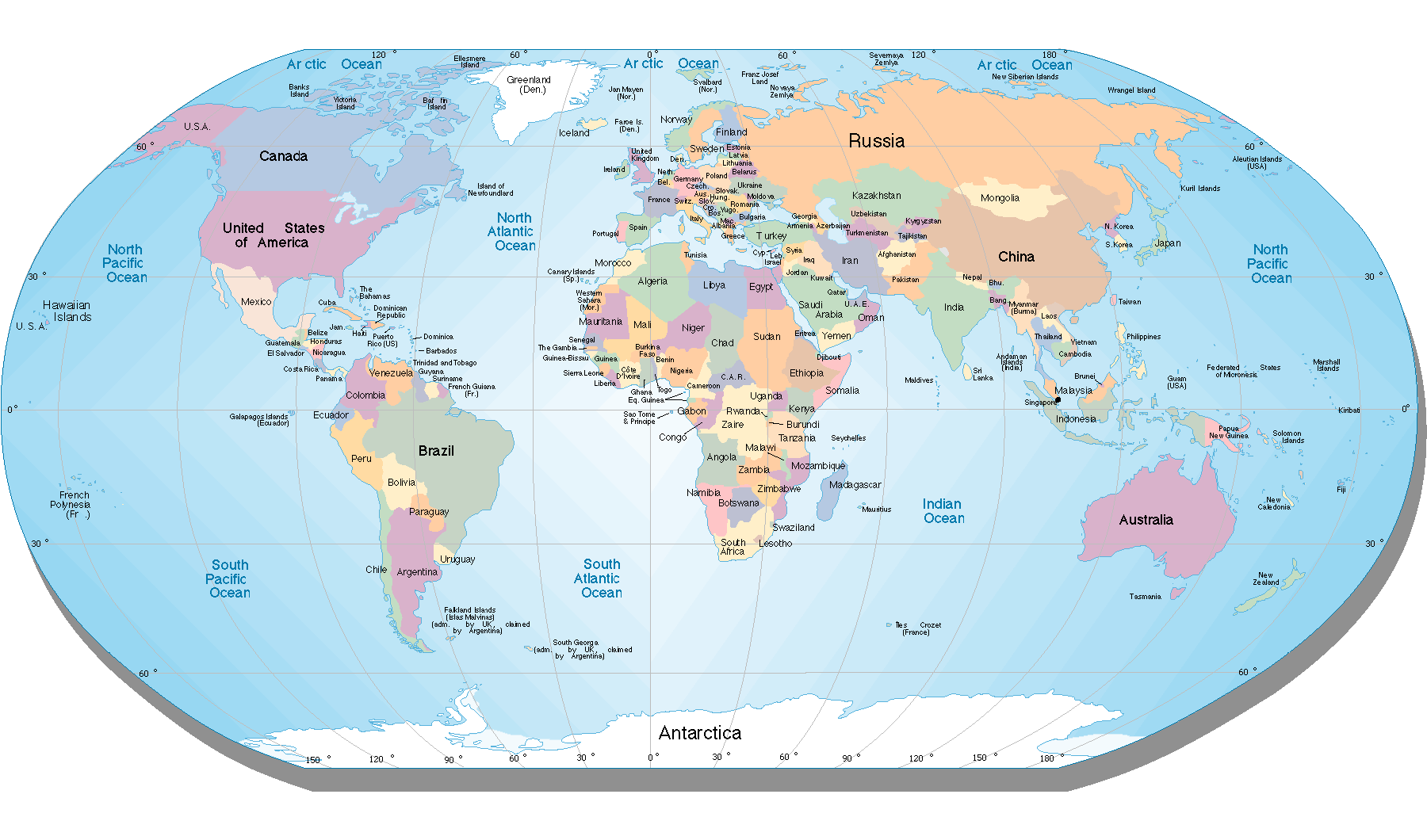


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--------------------------------------...   
Mango Lassi   
  
1 cup plain yogurt   
1/2 cup mango pulp (fresh or canned)   
1 cup crushed ice   
3 table spoons sugar / Use sugar substitute if desired   
  
Blend all of the above. Add a little water if the consistency is too thick. Keep refrigerated. Serve chilled

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Indian food

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