

Mango Milkshake Recipe:

Ingredients:

1 ripen Mango

2-3 tbsp Sugar *

2 cups cold Milk *

2 scoops of Vanilla ice cream or Mango ice cream(optional)

1 green Cardamom,seeded and crushed (optional)

Directions:

- Remove the skin and cut the mango into pieces.
- In a mixer/blender add mango pieces, cardamom seeds,sugar and 1 cup of milk and blend into a smooth puree.Check the sweetness and if needed add extra sugar.
- Add remaining 1 cup milk and vanilla/mango ice cream and run again to the desired consistency.Add more milk if you need a thin milkshake and also adjust the sugar accordingly.

Serve the chilled mango milk shake immediately.

Thanks for Submitting..... J Trail