

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	3	Medium	Pista	
1		Tablespoon	Sugar, White	
2		Teacup	Curds	chilled, fresh
1		Teaspoon	Milk	hot
1/2		Teacup	Ice Cubes	crushed
2		Drops	Lemon Essence	essence
1/2		Teaspoon	Cardamom Powder	

Method

- # Make coarse powder of pista
- # Mix sugar in curds till well dissolved.
- # Just before serving combine all ingredients.
- # Whip well with a hand or electric beater.
- # The lassi is ready when it is light and frothy.
- # Serve well chilled.