INDIAN · DRINK

Salted Mint Lassi with Ginger

10 min · Makes 2 × 1 tall glass over ice · 156 kcal a portion · Video 4:46 · Manjula's Kitchen

Vegetarian · Gluten-free ingredients · No nuts listed

A savoury yoghurt drink with no added sugar: about 9 g of protein, a quarter of a day's calcium and over a third of a day's vitamin B12 a glass. It is salty: nearly 1,000 mg of sodium a glass.

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Ingredients 8 · MAKES 2 × 1 TALL GLASS OVER ICE

- [ ] 490 g **plain yoghurt** (dahi)
- [ ] about 6 g **fresh mint leaves**
- [ ] 2 tsp **fresh ginger juice** (squeezed from finely grated ginger)
- [ ] ½ tsp **salt**
- [ ] ¼ tsp **black salt** (kala namak), optional
- [ ] ⅛ tsp **roasted cumin powder** (bhuna jeera), to garnish
- [ ] a few **mint leaves**, to garnish
- [ ] about 470 ml **ice cubes**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Finely grate a piece of fresh ginger, then squeeze the pulp with your fingers to collect about 2 tsp of juice. 1:38
2. In a blender, blend 60 ml mint leaves with about 2 tbsp of the yoghurt into a fine, smooth paste. 2:03
3. Add the ginger juice, ½ tsp salt, the black salt (if using) and the rest of the 470 ml of yoghurt. Blend for only a few seconds: blended too long, it turns frothy. 2:40
4. Fill two glasses with ice cubes and pour in the lassi. Sprinkle each with a pinch of roasted cumin powder and top with a few mint leaves. 3:29

> **Tip** For a thinner lassi, Manjula's written recipe blends in 240 ml of water and uses 120 ml ice. It keeps for a day in the fridge. Roast cumin seeds in a dry pan, then grind.

The method is a summary in our words — the video shows every step.

One portion (1 tall glass over ice) gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
156 kcal	8.8 g	13 g	0.4 g	8.2 g	990 mg
650 kJ	18% of a day	13 g net · 12 g sugars	1% of a day	5.2 g saturated	43% of a day
		5% of a day		10% of a day	

Energy from net carbs 32% · protein 22% · fat 46%

High in (20%+ of a day) Vitamin B12 38% · Calcium 24%

Source of (10–19%) Zinc 14% · Selenium 10%

Recipe and video: Manjula's Kitchen (@manjulaskitchen) on YouTube — youtube.com/watch?v=7JGATH5_pEY, published 28 May 2012. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/salted-mint-lassi