

Mango Lassi Custard

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SWEET *recipe*

with Coconut Crystals & Coconut Nectar

Serving Size: 4-5

INGREDIENTS

16 ounces organic coconut cream or 2 cans of coconut milk (refrigerated for at least 12 hours)
3/4 cup organic fresh mango blended or organic kesar mango pulp, sugar free
3 Tbsp Coconut Crystals
3 Tbsp Coconut Nectar
1/2 tsp ground cardamom
Chopped nuts and saffron for garnish



INSTRUCTIONS

Pour chilled coconut cream in a large mixing bowl. (You can also use coconut milk from 2 cans: chill cans, then remove only the cream part that has thickened and has raised to the top of the cans.)
Add mango pulp, Coconut Crystals, Coconut Nectar, and ground cardamom and blend thoroughly.
Adjust Crystals and cardamom to taste.
Pour mixture into small bowls and refrigerate for at least 6 hours (or over night).

When ready to serve, garnish with a sprinkle of blanched unsalted chopped almonds, unsalted chopped pistachios, and/or a sprinkle of saffron threads.
Enjoy!