**Mango milk shake**

This is a drink Made with fresh, frozen or canned mango pulp and milk. Could be used as a snack or part of a meal

**Ingredients**

3 medium size mango or 1 ¾ cup mango slices

4 cups milk

3 cups crushed ice

2 tablespoon sugar (optional)

3 crushed cardamom

2 tablespoon fresh mint leaves

**Preparation**

**Prep time 8 minutes**

1. Peel mango and cut into slices
2. Blend with milk, cardamom, sugar and mint
3. Add ice and blend
4. Serve cold
5. Yield 7 cups