

Salty Lassi (Salty Yogurt Drink)

Ingredients:

- 1 teaspoon cumin seeds
- 1 ½ cup plain yogurt
- 1 ½ cup chilled milk
- 3 teaspoons lemon juice
- 1 teaspoon salt
- ¾ cup ice cubes
- 6 ounces yogurt for garnish



Dry-roast cumin seeds by cooking them over low heat in small pan until you can smell the seasoning, about 2 to 3 minutes. Cool and grind.

In blender, blend cumin seed powder with 1 ½ cups yogurt, milk, lemon juice, salt and ice cubes. Divide among glasses and top each serving with a dollop of yogurt for garnish. Serve chilled.

Makes 6 servings.

NOTE: Fat-free plain yogurt can be used for a low-fat drink.