

# GREEN LASSI: SMOOTHIE 6

*Makes: approximately 300ml*



## YOU NEED

75g pistachio nuts • 200ml natural yoghurt

1 thumb-sized piece of ginger • 1 medjool date, stoned • a pinch of black pepper

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Add all the ingredients to the blender with 100ml filtered water. Whizz until smooth then pour into a plastic sieve set over a jug or bowl. Help the juice through with a rubber spatula or wooden spoon.

A great milk to aid digestion and soothe the stomach.

Ⓢ *Calming* Ⓢ *Cholesterol reducing* Ⓢ *Immunising*

