



Saffron-Cardamom Lassi

serves 2

- 2 cups whole milk yogurt
- 1/2 cup ice water
- pinch saffron
- generous pinch sea salt
- 3-4 tablespoons sugar
- 1 teaspoon ground cardamom

In a small cup, stir saffron into 1 tablespoon boiling water; let stand for 5 minutes.

Puree yogurt, sugar, cardamom, salt and saffron mixture in blender until thoroughly mixed. Chill until ice cold.