

## MINT AND CUCUMBER LASSI

### Equipment needed –

Small knives chopping boards, food processor, 3 jugs and a measuring jug.

### Ingredients from the Garden –

- 5 cucumbers
- 5 spring onions
- 50 mint leaves

### Ingredients from the Pantry –

- 5 cups of buttermilk
- 5 pinches of salt

### What to do –

1. Wash the cucumbers. Peel then cut into half lengthways. Remove the seeds using a spoon.
2. Roughly chop the cucumbers and place half in one food processor and half in the other.
3. Wash trim and roughly chop the spring onions. Place half in one food processor and half in the other.
4. Measure out 2 ½ cups of buttermilk and add to one food processor and another 2 ½ cups of buttermilk into the other food processor.
5. Wash, spin and pick the mint leaves. Place 25 mint leaves in one food processor and 25 mint leaves in the other.
6. Put the lid of the food processor on and blitz until smooth. Divide the lassi amongst 3 jugs and place in the fridge to chill before serving

### Serves –

- 28 students.