

Rose Water Cardamom Lassi

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/rose-water-indian-recipe>

Ingredients:

- 1 cup plain yogurt
- 1 teaspoon rose water
- 1/4 teaspoon ground cardamom
- 2 tablespoons sugar or to taste
- 2 tablespoons coconut milk
- ice cubes
- 1 tablespoon pistachios chopped

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 4.5 grams
5. Protein: 2 grams
6. SaturatedFat: 3 grams
7. Sodium: 30 milligrams
8. Sugar: 10 grams

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