

Rosewater Lassi

This is a wonderful summer drink. Most lassis in the states are mango flavored. They're certainly delicious, but I prefer this more basic lassi, which has been sweetened and perfumed with rose water. If you want it to be a bit more exotic, add a pinch or two of cardamom.

Lassis were originally salty, and in decent Indian restaurants, you can order a salty lassi, sometimes flavored with roasted cumin. I'm not that brave, however, so I stick to the sweet variety. I've never seen a soy lassi on a menu, sweet or salty, so if you've never had one before, you should give it a try at home. They're great in hot weather or served with spicy foods.



Vegan Yum Yum

Rosewater Lassi

Makes two 8-ounce servings

Blend all of the ingredients for several seconds. To make a cooler, icy treat, blend in 4 to 6 ice cubes at the end until smooth.

2 cups soy yogurt, plain or vanilla (*two 6-ounce containers, though less than 2 cups will also do*)

1/2 cup cold water

2 to 3 tablespoons sugar

2 teaspoons rose water

Pinch of cardamom
(*optional*)