

Mouth-watering East Indian Mango Cakes + Mmmmmango Cardamom Fruity Frosting + Indian Mango Yogurt "Lassi"



mouth-watering east indian mango cakes

preheat + grease + puree + grate

Preheat oven to 350 degrees F. Grease 1 muffin tin using **coconut oil or butter**. Slice **2-3 fresh ripe mangoes** on both sides of the center pit, then score the flesh, pop out the chunks of mango, and slice them away from the skin (a job for adults!). OR, use **3/4 C frozen/thawed mango chunks**. Puree mango chunks in a blender until very smooth. Measure **1/4 C puree** and set aside for the cakes. Grate **1 peeled golden beet** using a box grater!

peel + mash + measure + combine

Peel and mash **1 ripe banana** well. Then measure and combine mashed banana with **1/4 C mango puree**, grated beet, **1/4 C olive oil/melted butter**, **1/2 C sugar**, and **1/2 C plain yogurt/coconut cream/coconut milk** in a mixing bowl. To a separate mixing bowl, measure and combine **1 1/2 C all-purpose or gluten free flour**, **1 tsp baking powder**, **1 tsp baking soda**, and **1/2 tsp salt**. Whisk both dry and wet bowls well, then add the dry to the wet and combine until all flour disappears!

divide + bake + cool + frost!

Divide cake batter into muffin tin. Bake until cakes are very golden brown and set. Remove from oven and let cool before topping with Mango Cardamom Fruity Frosting!

Family Fun Recipes

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mmmmmmango cardamom fruity frosting

measure + combine + mix + frost

Measure and combine **1/2 C mango puree**, **2 heaping tsp powdered sugar**, and a **double pinch of cardamom powder**. Mix! Use this to frost cooled Mango Cakes!

indian mango yogurt "lassi"

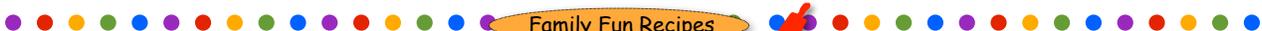
slice + measure

Slice **2 fresh ripe mangoes** on both sides of the center pit, then score the flesh, pop out the chunks of mango, and slice them away from the skin (a job for adults!). **OR, use 1 C frozen/thawed mango chunks**. Add mango to a blender. Measure and add **3 T honey**, **2 C plain yogurt**, **1/4 C ice**, and **1/4 C cold water** to the blender.

puree + pour

Puree until lassi is very smooth! Add more water bit by bit until the lassi is thin enough to pour. Divide into cups and ENJOY!

::continued::



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shopping list!

Mouth-watering East Indian Mango Cakes

- 1 ripe mango OR 1/4 C frozen/thawed mango chunks
- 1/4 C melted butter/olive oil
- 1/2 C sugar
- 1 ripe banana
- 1/2 C plain yogurt/coconut cream/coconut milk
- 1 1/2 C A/P or GF flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- Coconut oil/butter for greasing muffin tin
- 1 golden yellow beet

Mmmmmango Cardamom Fruity Frosting

- 1 ripe mango OR 1/2 C frozen/thawed mango chunks
- 2 heaping tsp powdered sugar
- Double pinch of cardamom powder

Indian Mango Yogurt "Lassi"

- 2 ripe mangoes OR 1 C frozen mango chunks
- 3 T honey
- 2 C plain yogurt

::continued::



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Let's Learn about Mangoes!

Mangoes were first grown in India over 5,000 years ago!

They are the national fruit of the Philippines, Pakistan, and India.

Mangoes have been grown in South Asia for thousands of years and reached Southeast Asia between 5th and 4th centuries B.C.

Mangoes were introduced to the world by Buddhist monks in 5th Century B.C.!

A basket of mangoes is considered a gesture of friendship in India.

Let's Learn about India!

There are 454 living languages in India! 22 of them are considered official languages.

70% of the world's spices come from India.

The Bay of Bengal is a huge bay bordering the southeastern part of India, and is home to the world's largest mangrove forest. Here, tigers swim in the same waters as dolphins, sea turtles, sharks, and saltwater crocodiles.

Staple foods in India: lentils, rice, bread, spices. Fish and seafood are eaten on the coast. Chicken, beef, and game meats are eaten in certain regions. Many people are vegetarian throughout India. Mango, pineapples, and banana are common fruits.

How to Peel a Mango!

Mangoes are usually peeled before eaten, but not always! They also have a thin, flat, oblong-shaped pit that can be challenging to remove the first time you try.

To cut around the pit, find the stem of the mango. Move the knife to one side of the stem and slice down the mango lengthwise. Do the same thing on the other side of the stem. The pit is the hard piece that runs the length of the mango directly below the stem.

Then, to cut out the delicious mango meat, hold one side of the mango in the palm of your hand, skin-side down. With a sharp knife, score the flesh of the mango in one direction. Then score in the opposite direction. Bend the mango piece so that the cubes you've scored "pop" up. Use your knife to carefully slice off each of these cubes close to the mango peel.

Time for a laugh!

How do you make a mango shake? **Take it to a scary movie!**

Knock, knock! **Who's there?** Mango. **Mango who?** Man, just go to the door and answer it!

What is red, yellow, green and goes up and down? **A Mango in an elevator!**

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