

# Fresh Pineapple Lassi

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Ripe fresh pineapple makes an irresistible lassi, with creamy body, bracing acidity, and natural sweetness. A quarter-sized coin of fresh ginger gives it a kick. If you have the pineapple already prepped in the fridge, this lassi takes all of 2 minutes. No more excuses for skipping breakfast or not having time for a healthful lunch. Add a slice of whole-grain toast with peanut butter and you're fueled for hours. From [Yogurt: Sweet and Savory Recipes for Breakfast, Lunch, and Dinner](#) by Janet Fletcher (Ten Speed Press).

## For each serving:

- 3/4 cup diced fresh pineapple, preferably chilled
- 1/2 cup plain drained yogurt (see Note below) or Greek yogurt
- 1 tablespoon sugar
- 1 thin slice fresh ginger, about 1/4 inch thick, peeled
- 2 ice cubes

Put all the ingredients in a blender and blend until the drink is smooth and frothy and the ice has melted. Pour into a glass and serve immediately.

**Serves 1**



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**Note:** To make drained yogurt, line a sieve or colander with a triple thickness of dampened cheesecloth. Set over a bowl to collect the whey. Gently pour yogurt into the lined sieve or colander. Cover with a plate or cloth—you're just protecting the yogurt, not pressing it—and refrigerate. Drain until the yogurt has the consistency you like. After 1 hour, it will be noticeably thicker, and I usually stop at that point. Scrape the drained yogurt into a clean container, cover and refrigerate.