



## Bingsu Recipe

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**Preparation Time**

**05**

**Cooking Time**

**245**

**Serving Size**

**3**

### Ingredients:

- 1 can condensed milk (300ml)
- 1 can milk, evaporated (370ml)
- 1 can DEL MONTE Fiesta Fruit Cocktail (836g), drained, reserve syrup
- 1/2 cup monggo, sweetened, drained

### Preparation:

1. In a bowl, mix condensed milk, evaporated milk, and reserved fruit cocktail syrup then freeze for at least 4 hours.
2. Scrape two scoops of frozen mixture in each bowl then top with DEL MONTE Fiesta Fruit Cocktail, and sweetened monggo. Serve.

### Chef's Tip

For Finer Ice Crystals: Shave the ice using a fork every 2 hours then freeze again until the ice looks like sherbet.

### Lusog Notes

This Bingsu recipe is rich in calcium and vitamin A. Calcium is needed for bone health while vitamin A promotes healthy skin and normal vision.

### Cooking Skills Needed

- Mixing

### Cooking Tools

- Can Opener
- Colander
- Measuring Cups
- Strainer