



Cassava Yema Balls Recipe

Preparation Time	10
Cooking Time	60
Serving Size	8

Ingredients:

- 3/4 cup condensed milk, sweetened
- 3 pc egg yolk
- 2 cup cassava, grated (do not squeeze)
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained
- 1/2 cup milk, evaporated
- 1 cup water
- 1 tsp vanilla extract
- 2/3 cup milk, powdered

Preparation:

1. Cook condensed milk and egg yolks over low heat, stirring constantly for 5 minutes or until thick. Set aside.
2. Mix grated cassava, DEL MONTE Fiesta Fruit Cocktail, evaporated milk, water, and vanilla. Simmer over low heat for 30 minutes with continuous stirring or until the mixture turns transparent. Set aside.
3. Add egg yolk mixture. Cook for another 15 minutes or until slightly dry, let cool. Shape into 1/2 tablespoon balls. Coat yema balls in powdered milk. Serve.

Chef's Tip

Cassava and condensed milk burn easily. To avoid burning this dessert use a thick-bottomed pot or kawali, continuously stir the mixture and scrape the bottom and sides of the pan to avoid scorching.

Lusog Notes

This Cassava Yema Balls recipe dessert is a source of calcium that makes bones and teeth strong, and of vitamin C that helps fight common infections.

Cooking Skills Needed

- Stirring