



Fiesta Ginataan Recipe

Preparation Time	5
Cooking Time	25
Serving Size	7

Ingredients:

- 1 3/4 cups coconut milk (second extraction)
- 1/4 cup sugar, white
- 1 cup kamote, purple, cut into cubes
- 1/2 cup sago, white, cooked
- 1 1/2 cups banana, saba, sliced
- 1 cup coconut cream (first extraction)
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained

Preparation:

1. Simmer coconut milk with sugar for 5 minutes.
2. Add kamote and simmer until cooked.
3. Add sago, banana, coconut cream and DEL MONTE Fiesta Fruit Cocktail. Cook until banana is soft.

Chef's Tip

Adding the coconut cream almost at the end of the cooking over low heat keeps the soup smooth. High heat will curdle the coconut cream.

Lusog Notes

This exciting Filipino dessert is a good source of vitamins A and C. Vitamin A helps maintain healthy skin and normal vision while vitamin C protects one from infections by keeping the immune system healthy.

Cooking Skills Needed

- Slicing
- Simmering

Cooking Tools

- Chopping Board
- Measuring Cups
- Pot
- Spatula