



## Fiesta Ginataan Recipe

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<b>Preparation Time</b>	<b>5</b>
<b>Cooking Time</b>	<b>25</b>
<b>Serving Size</b>	<b>7</b>

### 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