



Fiesta Ice Candy Recipe

Preparation Time	10
Cooking Time	485
Serving Size	10

Ingredients:

- 1 pc buko, meat shredded
- 1/2 cup condensed milk, sweetened
- 1 cup milk, evaporated
- 1 tsp vanilla extract (optional)
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained, reserve 3 Tbsp syrup
- 10 pcs ice candy bags (1 3/4" x 10")

Preparation:

1. Combine buko, milk, vanilla, and reserved fruit cocktail syrup. Mix well. Set aside.
2. Fill each ice candy bag with DEL MONTE Fiesta Fruit Cocktail, then fill with milk mixture. Seal and freeze overnight. Serve.

Chef's Tip

To make sure that each ice candy has the same amount of Fiesta Fruit Cocktail, divide the fruits into ten equal parts before starting to fill the bags with the liquid component.

Lusog Notes

This all-time favorite dessert has calcium that helps in bone growth and development and in blood clotting. It is also a source of vitamin B2 that helps break down fat for energy.

Cooking Skills Needed

- Mixing
- Filling

Cooking Tools

- Measuring Spoon
- Ice Candy Bags
- Strainer
- Funnel
- Measuring Cups
- Whisk