



Fresh Garden Cooler Recipe

Preparation Time	5
Cooking Time	485
Serving Size	5

Ingredients:

- 2 can DEL MONTE 100% Pineapple Juice with Vitamins A, C & E (240ml)
- 1 cup dalandan juice
- 100 g cucumber, peeled, seeded, and cut into chunks
- 1/4 cup honey
- 1 Tbsp basil, fresh

Preparation:

1. Pour DEL MONTE Pineapple Juice with ACE in ice tray. Cover and freeze overnight.
2. Combine all ingredients in a blender except basil. Pulse to puree, then add basil leaves. Pulse once just to mix.
3. Pour in glasses. Serve immediately.

Chef's Tip

For a boost of freshness, add 1/2 teaspoon of dalandan zest. Be sure to add only the green part of the peel. The white part is bitter and will give an unpleasant taste to the drink.

Lusog Notes

This Fresh Garden Cooler beverage is high in vitamin C that helps in wound healing and keeps gums healthy. It also helps fight common infections and helps increase iron absorption in the body.

Cooking Skills Needed

- Garnishing

Cooking Tools

- Ice Tray
- Blender