



## Fruit Pops Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>483</b>
<b>Serving Size</b>	<b>12</b>

### Ingredients:

- 1/4 cup sago, cooked
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained, reserve syrup
- 3/4 cup condensed milk
- 1/2 cup milk

### Preparation:

1. Simmer sago in fruit cocktail syrup for 2 minutes. Drain. Combine with remaining ingredients. Set aside.
2. Pour every 1/4 cup of mixture into ice drop molder. Freeze until partially set. Insert ice drop stick at the center, then freeze overnight.

### Chef's Tip

To remove, hold the stick and immerse bottom of molder in a bowl of water. Gently pull out the pops from the molder.

### Lusog Notes

Two servings of this dish give you a source of vitamin B1 that plays a role in muscle contraction and vitamin C that helps fight common infections and aids in wound healing.

### Cooking Skills Needed

- Mixing

### Cooking Tools

- Measuring Materials
- Pot
- Scooper
- Ice Drop Molder