



Fruit Pops Recipe

Preparation Time	10
Cooking Time	483
Serving Size	12

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