



Fruit Punch Recipe

Preparation Time	05
Cooking Time	245
Serving Size	5

Ingredients:

- 2 cans DEL MONTE Four Seasons Juice Drink (240ml)
- 1 can DEL MONTE Sweetened Orange Juice Drink (240ml)
- 1 can DEL MONTE Sweetened Mango Juice Drink (240ml)
- 1 pc orange, sliced
- 1 can clear soda

Preparation:

1. Pour DEL MONTE juices on an ice tray. Cover and freeze for 4 hours.
2. Combine all ingredients except soda and fresh orange in a blender. Blend just to mix.
3. Add soda and orange slices just before serving.

Chef's Tip

Freezing the juices eliminates the need for additional ice which will water down the taste and require additional sugar.

Lusog Notes

This beverage is a source of vitamin C that helps in wound healing and keeps gums healthy. Vitamin C also helps fight common infections.

Cooking Skills Needed

- Blending
- Slicing
- Freezing

Cooking Tools

- Ice Tray
- Measuring Cups
- Chopping Board
- Blender