



Fruit Salad With Piña Colada Dressing Recipe

Preparation Time	10
Cooking Time	65
Serving Size	8

Ingredients:

FOR THE DRESSING

- 1 can DEL MONTE Crushed Pineapple (227g)
- 1 cup coconut cream

FOR THE SALAD

- 1 can DEL MONTE Fiesta Fruit Cocktail (836g), drained, reserve syrup
- 1 pc buko, shredded
- 2 pc banana, lacatan, sliced and marinated in 1/3 cup fruit cocktail syrup for 5 minutes then drained
- 1/4 cup desiccated coconut

Preparation:

1. Mix the DEL MONTE Crushed Pineapple and coconut cream.
2. Toss in the DEL MONTE Fiesta Fruit Cocktail, shredded buko and lacatan banana.
3. Top with desiccated coconut. Chill and serve.

Chef's Tip

Marinating the bananas in the reserved syrup prevents it from turning brown.

Lusog Notes

With this Fruit Salad with Piña Colada Dressing dessert, you can get fiber that can add bulk to your diet and aid in digestion. It also has vitamin C which helps fight common infections and strengthen your immune system.

Cooking Skills Needed

- Mixing
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Spatula