

# Fruit Salad With Piña Colada Dressing Recipe

Preparation Time Cooking Time Serving Size 10 65 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