



## Fruity Glaze Recipe

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Preparation Time	5
Cooking Time	13
Serving Size	3 1/2 cup

### Ingredients:

- 1 pc apple, red, pared, cored and cut into chunks
- 1 can DEL MONTE Fiesta Fruit Cocktail (836g)
- 1/4 cup sugar, white
- 1/4 tsp cinnamon
- 1/2 cup peanut brittle, crushed

### Preparation:

1. Combine apple with DEL MONTE Fiesta Fruit Cocktail with syrup, sugar, and cinnamon. Simmer for 5 minutes. Remove from heat and mash coarsely. Should be a bit chunky. Cool slightly.
2. Serve as topping or sauce to cakes, ice cream, sorbet, and other frozen desserts. Sprinkle with peanut brittle.

### Chef's Tip

Keep the apples from discoloring by immediately placing them in the fruit cocktail syrup after slicing.

### Lusog Notes

This Fruity Glaze dish is high in vitamin C that helps fight common infections and aids in wound healing. Vitamin C also plays a vital role in enhancing the absorption of iron in the body.