



Mango Ice Drop Recipe

Preparation Time	05
Cooking Time	485
Serving Size	14

Ingredients:

- 3 can DEL MONTE Sweetened Mango Juice Drink (240ml)
- 1/2 cup milk, evaporated
- 1/2 cup sugar, white

Preparation:

1. Combine all ingredients and place in ice drop molds. Freeze until almost firm. Place popsicle sticks in the center of each mold. Freeze overnight or until firm.

Chef's Tip

For easy unmolding, dip ice drop mold in warm water.

Lusog Notes

Two servings of this Mango Ice Drop dish give you a source of vitamin C that strengthens the immune system. Vitamin C also helps in wound healing and helps keep gums healthy.

Cooking Skills Needed

- Mixing

Cooking Tools

- Measuring Materials