



Mango Melon Shake Recipe

Preparation Time	10
Cooking Time	185
Serving Size	6

Ingredients:

- 2 cans DEL MONTE Sweetened Mango Juice Drink (240ml)
- 350 g melon
- 2 Tbsp condensed milk
- 6 Tbsp sugar, white
- 2 cups ice

Preparation:

1. Freeze DEL MONTE Sweetened Mango Juice Drink in an ice cube tray.
2. Combine all ingredients and blend until smooth.

Chef's Tip

To keep the crushed ice from melting quickly, freeze the cantaloupe chunks before blending.

Lusog Notes

This beverage is a source of vitamins A and C. Vitamin A helps maintain healthy vision and skin while vitamin C helps fight common illness and helps in wound healing.

Cooking Skills Needed

- Mixing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon