



## Mango Melon Shake Recipe

---

<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>185</b>
<b>Serving Size</b>	<b>6</b>

### 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