



Pine-Green Mango Shake Recipe

Preparation Time	5
Cooking Time	485
Serving Size	6

Ingredients:

- 3 cans DEL MONTE Sweetened Pineapple Juice Drink (240ml)
- 4 Tbsp sugar, white
- 4 pcs ice cubes
- 300 g mango, green, flesh cut into chunks and chilled

Preparation:

1. Pour 1 can of DEL MONTE Sweetened Pineapple Juice Drink on ice tray. Freeze overnight.
2. Combine with remaining ingredients right before serving. Blend until desired consistency

Chef's Tip

Freezing the pineapple juice eliminates the need to use additional ice which may water down the flavor of the finished product.

Lusog Notes

This beverage is rich in vitamin C that helps heal wounds and keep gums healthy.

Cooking Skills Needed

- Mixing

Cooking Tools

- Chopping Board
- Measuring Cups
- Colander