



## Pine Sago With Coconut Sauce Recipe

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<b>Preparation Time</b>	<b>5</b>
<b>Cooking Time</b>	<b>5</b>
<b>Serving Size</b>	<b>2</b>

### Ingredients:

- 1 pouch DEL MONTE Pineapple Tidbits (200g), drained
- 1/4 cup sago, cooked
- 1/2 cup coconut milk
- 1/4 cup sugar, muscovado
- 2 cup ice, crushed

### Preparation:

1. Place DEL MONTE Pineapple Tidbits and sago in a bowl or glass. Set aside.
2. In a small pot, heat the coconut milk and muscovado sugar until it is melted. Allow to cool.
3. Put crushed ice on top of pineapple then pour the coconut milk. Serve.

### Chef's Tip

Coconut milk curdles when cooked over high heat for a long time. For this recipe, heat the coconut milk over low heat to just melt the sugar and keep the sauce smooth.

### Lusog Notes

This recipe is a source of vitamin C that helps strengthen the immune system. Vitamin C also helps in wound healing and keeps gums healthy.

### Cooking Skills Needed

- Simmering
- Melting

### Cooking Tools

- Measuring Cups
- Pot
- Spatula