



Pine-Strawberry Lemonade Recipe

Preparation Time	180
Cooking Time	5
Serving Size	3

Ingredients:

- 1/2 cup ice
- 100 g strawberry, fresh, freeze for 3 hours
- 1 can DEL MONTE 100% Pineapple Juice Fiber-Enriched (240ml)
- 1/3 cup honey
- 2 cup water, ice cold
- 1 1/2 Tbsp lemon juice

Preparation:

1. Combine all ingredients in a blender. Blend until desired consistency. Serve.

Chef's Tip

Keep this drink colder longer by freezing the strawberries and pineapple juice before using.

Lusog Notes

This Pine-Strawberry Lemonade drink is high in Vitamin C that helps fight common illnesses and keeps gums healthy.

Cooking Skills Needed

- Mixing

Cooking Tools

- Measuring Materials
- Measuring Materials
- Colander