



Pine-Veggie Quench Recipe

Preparation Time	05
Cooking Time	10
Serving Size	5

Ingredients:

- 2 cup water
- 350 g kamote tops/leaves, violet variety
- 1/2 cup sugar, white
- 2 Tbsp calamansi juice
- 2 can DEL MONTE 100% Pineapple Juice with Vitamins A, C & E (240ml)

Preparation:

1. Boil kamote tops in water for 5 minutes. Strain.
2. Add sugar and calamansi juice. Stir. Allow to cool. Add DEL MONTE Pineapple Juice with ACE. Serve with ice.

Chef's Tip

Add the sugar while the liquid is hot to ensure that the sugar is dissolved.

Lusog Notes

This Pine-Veggie Quench beverage is high in vitamin A that helps maintain normal vision and is a source of vitamin C, which helps fight common illnesses and in wound healing.

Cooking Skills Needed

- Mixing