



## Pine-Veggie Quench Recipe

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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