



Pineapple And Yoghurt Ice Candy Recipe

Preparation Time	5
Cooking Time	485
Serving Size	6

Ingredients:

- 1 can DEL MONTE Pineapple Tidbits (227g)
- 1/2 cup yoghurt, plain
- 3 Tbsp honey

Preparation:

1. Combine all ingredients including pineapple syrup in a blender. Blend until smooth.
2. Pour into ice candy bags then freeze overnight.

Chef's Tip

For a chunky ice candy, you may add more pineapple tidbits. Place the drained tidbits in the ice candy bags before filling with the yoghurt mixture.

Lusog Notes

Did you know that yoghurt contains "friendly" or "good" bacteria called probiotics which help maintain and improve the balance of both "good" and "bad" bacteria necessary for a healthy digestive system?

Cooking Skills Needed

- Blending

Cooking Tools

- Scooper
- Measuring Cups