



## Pineapple And Yoghurt Ice Candy Recipe

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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