



## Pineapple Coconut Sherbet Recipe

---

Preparation Time	5
Cooking Time	278
Serving Size	8

### Ingredients:

- 3/4 cup sugar, white
- 1 1/2 cups water
- 1 cup coconut cream
- 1/4 tsp vanilla extract
- 2 cans DEL MONTE Crushed Pineapple (227g)

### Preparation:

1. In a small pot, heat the sugar and water until the sugar is dissolved.
2. Add the coconut cream, vanilla extract, and DEL MONTE Crushed Pineapple. Mix well. Allow to cool then pour into a pan. Freeze for 4 hours.
3. Place the mixture in a blender and blend until smooth. Put the mixture back into the pan and freeze until set.

### Chef's Tip

Blending the semi-frozen mixture makes the ice crystals smaller so the sherbet has a smoother texture.

### Lusog Notes

Two servings of this dish gives you a source of calcium, which is important for the formation and maintenance of strong bones and teeth.

### Cooking Tools

- Blender
- Measuring Spoon
- Measuring Cups
- Pot