



Pineapple Milkshake Recipe

Preparation Time	5
Cooking Time	3
Serving Size	2

Ingredients:

- 1 pouch DEL MONTE Pineapple Tidbits (115g), drained
- 1 cup ice cream, vanilla
- 1/2 cup milk, fresh

Preparation:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into serving glass.

Chef's Tip

For a really creamy milkshake, use full cream milk.

Lusog Notes

This refreshing Pineapple Milkshake drink provides calcium for bone development and vitamin A for healthy skin.

Cooking Skills Needed

- Mixing

Cooking Tools

- Colander
- Scooper