



Pineapple Scramble Recipe

Preparation Time	5
Cooking Time	5
Serving Size	1

Ingredients:

- 1 pouch DEL MONTE Pineapple Tidbits (115g)
- 1 1/2 cups ice, crushed
- 1 Tbsp condensed milk
- 1 Tbsp milk, powdered
- 1 tsp strawberry syrup

Preparation:

1. In a glass, place the DEL MONTE Pineapple Tidbits then the ice.
2. Drizzle condensed milk. Add the powdered milk and top with strawberry syrup for color.

Chef's Tip

To serve, use tall, clear glasses to show the layers and colors of fruits, ice, and syrup.

Lusog Notes

This recipe has calcium that helps in bone growth and development as well as in blood clotting. It is also a source of vitamin B2 that helps break down fat for energy.

Cooking Skills Needed

- Mixing

Cooking Tools

- Measuring Spoon
- Strainer
- Measuring Cups