



## Pineapple Strawberry Ice Recipe

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Preparation Time	5
Cooking Time	3
Serving Size	4

### Ingredients:

- 1 can DEL MONTE Pineapple Tidbits (227g), drained
- 1 cup ice, crushed
- 4 Tbsp strawberry syrup (may substitute with orange concentrate, grape concentrate, chocolate syrup)

### Preparation:

1. Place pineapple in a cup.
2. Top with ice then drizzle syrup.

### Chef's Tip

Assemble this dessert beforehand (an hour before) by placing the pineapple tidbits and crushed ice in cups then storing the cups in the freezer. Take them out just before serving then drizzle the syrup just before eating so the ice doesn't melt and water down the dessert.

### Lusog Notes

This Pineapple Strawberry Ice dessert is rich in vitamin C that helps fight common illnesses and keeps gums healthy.

### Cooking Tools

- Spoon