



Vietnamese Rainbow Dessert Recipe

Preparation Time	10
Cooking Time	10
Serving Size	4

Ingredients:

- 1/2 cup grass jelly, diced into 1/2-inch cubes
- 1/4 cup white kidney beans
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained, reserve syrup
- 6 cup ice, crushed
- 1 can coconut cream
- 1/3 cup sugar, white

Preparation:

1. In a small sauce pot, heat the coconut cream, reserved fruit cocktail syrup, and sugar until the sugar is dissolved. Cool to room temperature. Set aside.
2. In a serving glass, put 2 tablespoons of white beans. Add 2 tablespoons of grass jelly then put 4 tablespoons of DEL MONTE Fiesta Fruit Cocktail. Add crushed ice and drizzle cooled coconut mixture. Repeat for the other 3 glasses. Serve immediately.

Chef's Tip

For an attractive dessert, layer the different ingredients in a tall, clear glass so that the different colors will be displayed.

Lusog Notes

This dessert is rich in calcium that is important for bone health and in iron which is needed for normal metabolism.

Cooking Skills Needed

- Boiling
- Layering
- Slicing

Cooking Tools

- Chopping Board
- Can Opener
- Sauce Pot