



## Vietnamese Rainbow Dessert Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>10</b>
<b>Serving Size</b>	<b>4</b>

### 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