

## **Filipino Iced Fruit Mix Recipe (Halo-Halo)**

### **Ingredients:**

6 ripe saba bananas (plantains)  
1 liter bottle sweetened red mungo (mung) beans,  
drained to yield 4 cups  
1 liter bottle sweetened white beans, drained to yield 4 cups  
1 liter bottle sweetened jackfruit, drained to yield 3 cups  
1 liter bottle sweetened kaong (palm nut), drained to yield  
3 cups  
1 cup cooked sago (tapioca pearls)  
200 g castor sugar  
Crushed ice  
750 ml fresh milk  
24 oz bottle (4 cups) ube (yam) jam  
6 slices leche flan (creme caramel, refer Desserts recipe),  
cut into squares  
1/2 cup pinipig (substitute Rice Krispies breakfast cereal)  
6 scoops of ice-cream (any flavor)

### **Method:**

Boil bananas about 10 minutes or until tender. Peel and slice into 2 cm pieces. Set aside to cool. Divide the bananas, mungo beans, white beans, jackfruit, kaong and sago into 6 tall parfait glasses, the proportion of the ingredients depending on one's own preference. Add sugar to taste. Fill the glasses with crushed ice. Pour about 125 ml (1/2 cup) milk into each glass. Spoon ube, leche flan and pinipig on top of the crushed ice. Top each glass with a scoop of ice cream. Serve with long-handled spoons.

**Note:** The bottled ingredients are widely available from Filipino grocers.

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