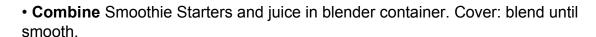


Smoothie Starters[™] Recipes

Strawberry Banana Makes: 1 serving

1 pouch DOLE Smoothie Starters Strawberry Banana 6 oz. mango nectar or DOLE Strawberry Kiwi Juice, chilled



Mixed Berry

Makes: 1 serving

1 pouch DOLE Smoothie Starters Mixed Berry 6 oz. pomegranate juice or pear nectar, chilled

• **Combine** Smoothie Starters and juice in blender container. Cover; blend until smooth.

Mango Peach

Makes: 1 serving

1 pouch DOLE Smoothie Starters Mango Peach 6 oz. cranberry juice or sweetened green tea, chilled

• **Combine** Smoothie Starters and juice in blender container. Cover; blend until smooth.

Strawberry Banana Shake

Makes: 1 serving

1 pouch DOLE Smoothie Starters Strawberry Banana6 oz. DOLE Pineapple Juice1 scoop pineapple sherbet

• **Combine** Smoothie Starters, juice and sherbet in blender container. Cover; blend until smooth.



Smoothie Starters[™] Recipes

Mango Peach Shake

Makes: 1 serving

1 pouch DOLE Smoothie Starters Mango Peach6 oz. lemonade1 scoop orange sherbet

• **Combine** Smoothie Starters, lemonade and sherbet in blender container. Cover; blend until smooth.



Tropical Mango Peach Shake

Makes: 1 serving

1 pouch DOLE Smoothie Starters Mango Peach 6 oz. orange juice 1 scoop frozen vanilla yogurt

• **Combine** Smoothie Starters, juice and frozen yogurt in blender container. Cover; blend until smooth.

Breakfast Mixed Berry Smoothie

Makes: 1 serving

1 pouch DOLE Smoothie Starters Mixed Berry 6 oz. strawberry or strawberry banana nectar 1 to 2 tablespoons wheat germ

• **Combine** Smoothie Starters, nectar and wheat germ in blender container. Cover; blend until smooth.

Green Tea Berry Smoothie

Makes 1 serving

1 pouch DOLE Smoothie Starters Mixed Berry6 oz. mixed berry yogurt1 tablespoon dry sweetened green tea mix

• **Combine** Smoothie Starters, yogurt and dry green tea mix in blender container. Cover; blend until smooth.



DOLE Frozen Fruit[™] Recipes

Caribbean Island

Makes: 1 serving

2- 2 oz. Scoops bananas

2- 2 oz. Scoops strawberries

4 oz. Apple juice

2 oz. White grape juice

1 oz. Pineapple juice

1 oz. Cranberry juice

1-8 oz. Cup ice

• Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.



Cape Cod

Makes: 1 serving

1- 2 oz. Scoop raspberries

1-2 oz. Scoop blueberries

8 oz. Cranberry juice

1-8 oz. Cup ice

•Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Mango Bay

Makes: 1 serving

2-2 oz. Scoops peaches

1- 2 oz. Scoop mangos

4 oz. Apple juice

2 oz. White grape juice

1 oz. Pineapple juice

1 oz. Cranberry juice

1-8 oz. Cup ice

• Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Berry Breeze

Makes: 1 serving

1- 2 oz. Scoop strawberries

1-2 oz. Scoop raspberries

1-2 oz. Scoop blueberries

4 oz. Apple juice

2 oz. White grape juice

1 oz. Pineapple juice

1 oz. Cranberry juice

1-8 oz. Cup ice

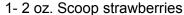
• Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.



DOLE Frozen Fruit[™] Recipes

Peachtree

Makes: 1 serving



1- 2 oz. Scoop bananas

1-2 oz. Scoop peaches

4 oz. Apple juice

2 oz. White grape juice

1 oz. Pineapple juice

1 oz. Cranberry juice

1-8 oz. Cup ice

•Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.



Makes: 1 serving

1- 2 oz. Scoops strawberries

1-2 oz. Scoop raspberries

1-2 oz. Scoop blueberries

8 oz. Cranberry juice

1-8 oz. Cup ice

•Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Strawberry Slammer

Makes: 1 serving

3- 2 oz. Scoops strawberries

4 oz. Apple juice

2 oz. White grape juice

1 oz. Pineapple juice

1 oz. Cranberry juice

1-8 oz. Cup ice

•Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Peachy Razz

Makes 1 serving

2- 2 oz. Scoops raspberries

2-2 oz. Scoops peaches

4 oz. Apple juice

2 oz. White grape juice

1 oz. Pineapple juice

1 oz. Cranberry juice

1-8 oz. Cup ice

Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.





Pineapple Berry Fusion

Makes: 1 serving

1-2 oz. Scoop pineapple

2- 2 oz. Scoops strawberries

4 oz. Apple juice

2 oz. White grape juice

1 oz. Pineapple juice

1 oz. Cranberry juice

1-8 oz. Cup ice



• Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Strawberry Banana Blitz

Makes: 1 serving

2- 2 oz. Scoops bananas

2- 2 oz. Scoops strawberries

8 oz. Yogurt

1-8 oz. Cup ice

•Combine frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.

Simply Strawberry

Makes: 1 serving

3- 2 oz. Scoops strawberries

8 oz. Yogurt

1-8 oz. Cup ice

• **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.

RazzMatazz

Makes: 1 serving

3- 2 oz. Scoops raspberries

8 oz. Yogurt

1-8 oz. Cup ice

• **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.



Blueberry Burst

Makes: 1 serving

3- 2 oz. Scoops blueberries8 oz. Yogurt1- 8 oz. Cup ice



• Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Peach Melba

Makes: 1 serving

1- 2 oz. Scoop raspberries

2-2 oz. Scoops peaches

8 oz. Yogurt

1-8 oz. Cup ice

•Combine frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.

Twisted Berry

Makes: 1 serving

1-2 oz. Scoop strawberries

1- 2 oz. Scoop raspberries

1- 2 oz. Scoop blueberries

8 oz. Yogurt

1-8 oz. Cup ice

• **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.

Mango Fusion

Makes: 1 serving

1-2 oz. Scoop strawberries

1- 2 oz. Scoop bananas

1- 2 oz. Scoop mango

8 oz. Yogurt

1-8 oz. Cup ice

• **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.



Hawaiian Sunrise

Makes: 1 serving

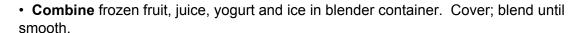


1-2 oz. Scoop pineapple

1-2 oz. Scoop mango

8 oz. Yogurt

1-8 oz. Cup ice



Tropical Passion

Makes: 1 serving

1- 2 oz. Scoop bananas

1- 2 oz. Scoop pineapple

1- 2 oz. Scoop mango

8 oz. Yogurt

1-8 oz. Cup ice

•Combine frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.

Peach Island

Makes: 1 serving

1- 2 oz. Scoop peaches

1-2 oz. Scoop pineapple

1- 2 oz. Scoop mango

8 oz. Yogurt

1-8 oz. Cup ice

• **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.

