

# Dole Royalty Certificate

This Certificate States that

(write name here)

has pledged to uphold the Dole Nutrition Ideals, and strive to achieve as many servings of fruits and veggies as I can, while upholding the goal of living healthy and actively.

Welcome to the Dole Royal Family!



Date

Signature





# RECIPE INSPIRATION FROM DOLE

## Enchanted Red Rose Smoothie

### INGREDIENTS:

- 1 ripe DOLE® Banana, peeled, cut cross wise into thirds and frozen
- 2 cups hulled and quartered DOLE® Strawberries, frozen plus additional whole for garnish (optional)
- 1½ cups 100% apple juice
- 1 cup DOLE® Raspberries, frozen
- 1 cup stemmed and pitted DOLE® Cherries, frozen plus additional with stem for garnish (optional)

### DIRECTIONS:

1. **Purée** all ingredients, except garnishes, in a blender on high until smooth; serve garnished with strawberries and cherries, if desired. Makes about 5 cups.

**Chef Tip:** Peel and freeze ripe bananas to have on hand for using in this recipe as well as other smoothies and baking.





# RECIPE INSPIRATION FROM DOLE

## Wakey Wakey Vegan Hash

### INGREDIENTS:

- 1½ tablespoons olive oil
- 1 large DOLE® Sweet Potato, peeled and chopped
- 1 green DOLE® Plantain, peeled and chopped
- 1 medium red bell pepper, chopped
- 1/2 medium yellow onion, chopped
- 1½ cups sliced DOLE® Mushrooms
- 3 garlic cloves, minced
- 2 cups loosely packed DOLE® Baby Spinach
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/2 cup roasted salted pepitas
- Hot sauce and vegan sour cream for serving (optional)

### DIRECTIONS:

1. **Heat** oil in a large nonstick skillet over medium heat; add potato, cover and cook 6 minutes or until almost tender, stirring occasionally. Add plantain; cook, uncovered, 2 minutes or until almost tender, stirring occasionally. Add bell pepper and onion; cook 4 minutes or until tender, stirring occasionally. Add mushrooms; cook 4 minutes or until tender, stirring occasionally. Add garlic, spinach, salt and black pepper; cook 2 minutes or until spinach is wilted and garlic is fragrant, stirring frequently. Makes about 4 cups.
2. **Serve** hash sprinkled with pepitas, topped with hot sauce and sour cream, if desired.

**Chef Tip:** This recipe would also serve 6 as a side dish.

