



# Don't Be Scared of Fruits and Vegetables

To help kids face their fruits and veggies we've created some helpful masks. Cut out the mask then attach a string to wear. Just like eating delicious Dole fruits and vegetables, it's that easy!

## Lettuce Triclops



1. CUT OUT



2. ATTACH STRING



▶ **DID YOU KNOW?** Green leaf lettuce is an excellent source of Vitamin A, which supports healthy vision.



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1. CUT OUT

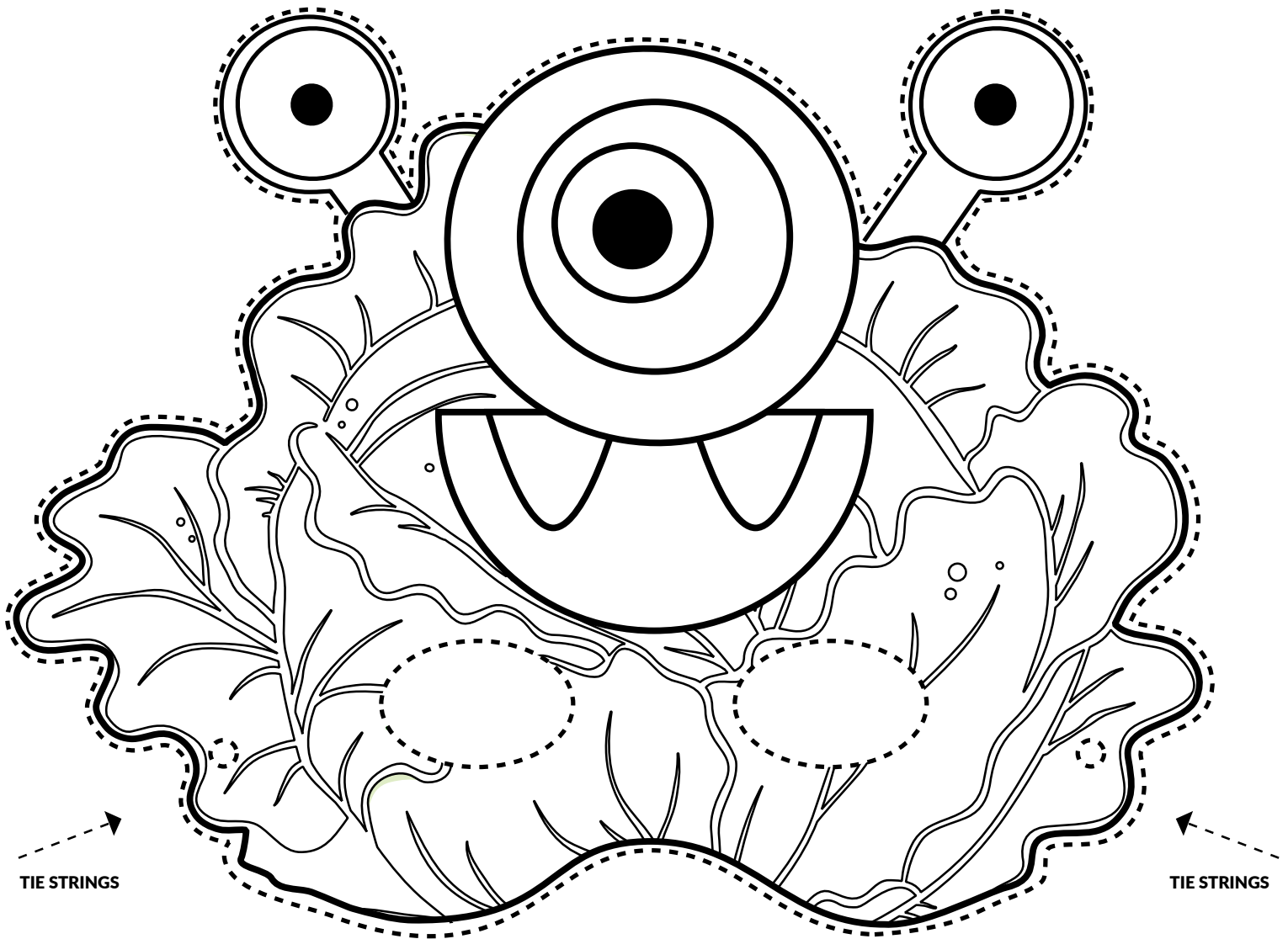


2. COLOR



3. ATTACH STRING

## Lettuce Triclops





# MONSTERS IN THE KITCHEN

Bring the magic of Monsters, Inc. to life in your kitchen with delicious recipes from Dole. Get started with these Slippery Slimy Smoothies that will frighten and delight. For more delicious recipe inspiration, head to [Dole.com](https://www.dole.com).



## SLIPPERY SLIMY SMOOTHIE

**Servings:** 2

**Prep Time:** 10 MIN

**Total Time:** 10 MIN

### INGREDIENTS:

- 1/2 cup DOLE® spinach
- 1 DOLE Banana, peeled and frozen
- 1/2 cup DOLE® green grapes, frozen
- 1/3 cup cucumber, diced
- 1/2 cup DOLE® pineapple
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup nonfat plain Greek yogurt
- 5 ice cubes

### DIRECTIONS:

1. Blend spinach, banana, grapes, cucumber, almond milk and Greek yogurt together in a blender until smooth.
2. Pour smoothie into two glasses and serve.

### TIPS:

1. Top with a slice of Starfruit for decoration.
2. Use a blender, immersion blender, or other mixing tool to blend smoothie ingredients together.



Recipe inspired by Disney and Pixar Monsters Inc.