



THE ULTIMATE PINEAPPLE COOKBOOK





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SCAN ME!



HOW to CUT
a PINEAPPLE



BREAKFAST



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Banana Pineapple Coconut Smoothie

Ingredients:

- 2 ripe DOLE® Bananas, peeled & sliced
- 2 cups chopped DOLE® Tropical Gold® Pineapple, plus additional for garnish (*optional*)
- 1 cup Almond Breeze® Unsweetened Almond Milk Coconut Milk Blend
- 1 cup crushed ice
- 2 tbsp toasted, sweetened shredded coconut, plus additional for garnish (*optional*)

Directions:

1. **Purée** bananas, pineapple, almond milk, ice, and coconut, if desired, in a blender on high until smooth.
2. **Serve** smoothies garnished with pineapple and/or coconut, if desired. Makes 2 smoothies.



Pineapples don't grow on trees • They grow from the ground, like a spiky little crown sitting on a plant.



Pineapple Turmeric Smoothie

Ingredients:

- 1 DOLE® Apricot, pitted, chopped & frozen
- 1 DOLE® Banana, peeled & frozen
- 2 cups DOLE® Pineapple, chopped & frozen
- 1 cup unsweetened cashew milk
- 1/2 cup fresh orange juice
- 2 tbsp plain nonfat Greek yogurt
- 1 tsp ground turmeric
- 1/2 tsp grated fresh ginger
- 1/8 tsp ground cayenne pepper

Directions:

1. **Purée** all ingredients in a blender on high for 1 minute or until smooth. Makes about 3 cups.



It's a group project • A pineapple is made up of hundreds of tiny berries fused together into one fruit.



Pineapple Cheesecake Overnight Oats

Ingredients:

- 3 tbsp sliced almonds
- 2 tbsp unsweetened coconut flakes
- 1 ½ cups unsweetened almond milk
- ½ cup fat-free small curd cottage cheese
- 1 ½ tablespoons maple syrup
- 2 cups old-fashioned rolled oats
- 1 cup chopped DOLE® Tropical Gold® Pineapple

Directions:

1. **Toast** almonds and coconut in a large skillet over medium heat for 4 minutes or until lightly browned and fragrant, stirring frequently. Transfer to a plate to cool. Store refrigerated in an airtight container.
2. **Pulse** milk, cheese, and syrup in a food processor 10 times or until smooth. Transfer to a large bowl and stir in oats. Divide oat mixture into 4 (8-ounce) jars with lids; cover and chill overnight. Makes about 4 cups (about 3 cups after chilling).
3. **Serve** oats topped with pineapple and almond mixture.



They take their time • It can take up to 2 years to grow a single pineapple.



ENTRÉES



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Pickled Pineapple Grilled Cheese

Ingredients:

- 1/2 cup apple cider vinegar
- 2 tbsp granulated sugar
- 1 tbsp kosher salt
- 2 small jalapeño peppers, thinly sliced crosswise
- 2 cups DOLE® Pineapple, chopped
- 1 DOLE® Lime, juiced (about 1 tbsp)
- 1/2 cup chopped DOLE® Red Onion
- 2 tbsp chopped fresh cilantro
- 1 tsp lime zest (from 1 DOLE® Lime)
- 8 slices 100% whole wheat bread
- Olive oil cooking spray
- 1/2 cup drained, rinsed, & mashed no-salt-added canned black beans
- 1 cup shredded white cheddar cheese
- 1/2 cup shredded part-skim mozzarella cheese

Directions:

1. **Heat** vinegar, sugar, salt, and 1/3 cup water to a simmer in a small saucepan over high heat. Add jalapeños and pineapple to a 24-ounce glass jar with lid. Pour hot vinegar mixture into jar and cool completely. Cover with lid; refrigerate at least 12 hours or up to 1 week. Makes about 2 ½ cups jalapeño mixture.
2. **Toss** lime juice, onion, cilantro, and lime zest in a medium bowl; let stand 10 minutes. Stir in 1/2 cup drained jalapeño mixture. Makes about 1 cup onion mixture.
3. **Spray** 1 side of each bread slice with cooking spray. Place 4 slices, sprayed side down, on work surface. Top with mashed beans, cheeses, onion mixture, and remaining 4 bread slices, sprayed side up.
4. **Heat** large skillet over medium heat. In 2 batches, add sandwiches to skillet. Cover and cook for 5 minutes or until bread is golden brown and cheese is melted, turning once and pressing down occasionally with a large spatula. Cut sandwiches diagonally in half. Makes 4 grilled cheeses.

Chef Tip: Use the remaining pickled jalapeño mixture for a sweet & spicy kick over your favorite grilled proteins like salmon or chicken breast, or to add an extra level of flavor to tacos or nachos!



Royal treatment required • In the 1700s, pineapples were so rare that people rented them for parties as table centerpieces!



BBQ Chicken Stuffed Smoked Pineapple *with Spicy Quick-Pickled Cabbage*

Ingredients:

- 1/2 cup red wine vinegar
- 1 tbsp coconut sugar
- 1/2 tsp kosher salt
- 4 garlic cloves, smashed
- 2 bay leaves
- 1 tsp whole black peppercorns
- 1 small DOLE® Red Onion, halved & thinly sliced
- 2 small serrano peppers, minced
- 1/2 small head red cabbage, cored & thinly sliced
- 4 cups favorite wood chips
- 2 cups rotisserie chicken breast, shredded
- 1/2 cup barbeque sauce
- 1 large DOLE® Pineapple
- 3 (4-inch) wooden skewers

Directions:

1. **Whisk** 1/4 cup vinegar, sugar, salt, and 1 cup water in a large bowl; add garlic, bay leaves, and peppercorns. Add onion, serrano peppers and cabbage; toss. Let cabbage mixture stand at room temperature for 3 hours, tossing occasionally. Cover and refrigerate at least 1 hour, or up to overnight before serving. Makes about 4 packed cups.
2. **Cover** wood chips with water in a large bowl. Soak as label directs.
3. **Prepare** outdoor grill for indirect grilling over medium heat. Drain wood chips; place 2 cups woodchips in grill (in a foil packet or pie tin for a gas grill, or directly on coals for charcoal). Stir chicken and 1/4 cup barbeque sauce in a medium bowl; tightly enclose in 12 x 24-inch sheet of nonstick aluminum foil.
4. **Cut** a 1-inch crosswise slice from top of pineapple; reserve. Leaving at least 1-inch of pineapple flesh, core pineapple using a pineapple corer or paring knife; remove pineapple skin. Replace top of pineapple, and secure with skewers.
5. **Place** pineapple on hot grill rack over unlit side of grill. Cover and cook for 1 hour or until very tender, adding remaining chips halfway through cooking. Transfer pineapple to a hot grill rack over lit side of grill, and brush with remaining 1/4 cup of barbecue sauce. Place chicken foil packet on hot grill rack over lit side of grill. Cover and cook for 15 minutes or until chicken mixture is heated through, turning pineapple occasionally.
6. **Transfer** pineapple to cutting board. Remove top and fill with chicken mixture. Slice stuffed pineapple crosswise into 8 slices. Serve with Spicy Quick-Pickled Cabbage.

Chef Tip: You can use a blender or food processor in place of a juicer. Add 1 cup of water before blending fruit and vegetables.



Smoked Hasselback Pineapple

with Spiced Turkey Chorizo

Ingredients:

- 4 cups favorite wood chips
- 1 pound 93% lean ground turkey breast
- 1 small DOLE® Red Onion, diced
- 2 tbsp olive oil
- 2 tsp fresh thyme leaves
- 2 tsp smoked paprika
- 1 tsp ancho chile powder
- 1 tsp ground cumin
- 1/2 tsp kosher salt
- 1 large DOLE® Pineapple, top on, peeled & halved lengthwise
- Chopped fresh cilantro for garnish (optional)

Directions:

1. **Cover** wood chips with water in a large bowl; soak as label directs. Prepare outdoor grill for indirect grilling over medium heat.
2. **Stir** turkey, onion, oil, thyme, paprika, chile powder, cumin, and salt together in a medium bowl.
3. **Drain** wood chips; place 2 cups in a foil boat or pie tin, and place on hot grill rack over lit side of grill (or place chips directly on coals for charcoal grill). Place pineapple halves, flat side down, on cutting board. Cut crosswise slices into pineapple halves, about 1/2 inch apart, cutting only 3/4 of the way through. Place a medium bowl upside down; 1 at a time, place pineapple halves, flat side down, over the bowl to separate slits. Fill slits with turkey mixture.
4. **Place** pineapple halves, flat side down, on hot grill rack over unlit side of grill; cover and cook for 1 hour 45 minutes, or until turkey mixture is golden brown and internal temperature reaches 165°F, rotating once and adding remaining chips halfway through cooking.
5. **Transfer** pineapple halves to cutting board. Cut crosswise in half. Serve pineapple garnished with cilantro, if desired.



You can grow your own • With a bit of patience, that leafy top can be replanted in soil to grow a brand new pineapple plant at home.



Smoked Salmon & Pineapple Skewers

Ingredients:

- 1 package (8 ounces each) cold smoked salmon
- 2 tbsp hoisin sauce
- 16 (1/2-inch-thick) slices English cucumber, halved crosswise
- 16 (1-inch) chunks DOLE® Pineapple, halved crosswise
- 16 (6-inch) bamboo skewers
- 1/2 DOLE® Lemon, juiced (about 2 tbsp)
- Black and/or white sesame seeds, and/or thinly sliced DOLE® Green Onions for garnish (optional)

Directions:

1. **Brush** both sides of smoked salmon with hoisin sauce. Cut lengthwise in half, then crosswise into quarters to make 16 pieces.
2. **Thread** 1 piece each of cucumber, pineapple, and salmon onto each skewer, repeating cucumber and pineapple once. Drizzle with lemon juice.
3. **Serve** skewers garnished with sesame seeds and/or onions, if desired.



Nature's built-in tenderizer • Pineapple contains an enzyme that can break down proteins, which is why it's used in marinades.



Polynesian Chicken & Rice

Ingredients:

- 1/4 cup water
- 1 garlic clove, minced
- 1/2 cup raisins
- 1/2 cup sliced DOLE® Green Onions
- 2 tsp finely chopped fresh ginger
- 1/2 tsp ground ginger
- 3 cups cooked brown rice
- 2 cups chopped cooked skinless chicken or turkey breast
- 2 cups chopped DOLE® Tropical Gold® Pineapple
- 2 tbsp low-sodium soy sauce

Directions:

1. Heat 2 tablespoons of water in a large nonstick skillet over medium heat. Add garlic, raisins, onions, fresh ginger, and ground ginger. Cook for 3 minutes, stirring occasionally.
2. Add rice, chicken, pineapple, soy sauce and remaining 2 tablespoons of water. Cover, reduce heat to low, and cook 5 minutes or until heated through.



Your tongue knows it, too • That enzyme, called “bromelain,” is why eating pineapple can give your mouth a tingly feeling.

SEEDS



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Dole Pineapple Mango Salsa

Ingredients:

- 1 ½ cups fresh DOLE® Tropical Gold® Pineapple cut into chunks
- 1 ripe DOLE® Mango, peeled & chopped
- ½ cup chopped red cabbage
- ⅓ cup finely chopped DOLE® Red Onion
- ¼ cup chopped fresh cilantro
- 2 tbsp lime juice
- 1 to 2 serrano or jalapeno chiles, seeded & minced

Directions:

1. **Stir** together pineapple, mango, cabbage, red onion, cilantro, lime juice and chiles in medium bowl.
2. **Cover** and chill for at least 30 minutes to blend flavors.
3. **Serve** salsa over grilled fish or chicken with grilled vegetables. Garnish with lime wedges, if desired.



Hawaii didn't invent them • Pineapples are originally from South America—specifically Brazil and Paraguay—where they first grew in the wild.



Pineapple-Daikon Kimchi

Ingredients:

- 1 medium daikon radish, peeled & cut into 1/2-inch cubes (about 1 pound)
- 1 medium DOLE® Tropical Gold® Pineapple, skin & core removed, cut into 1/2-inch cubes
- 2 tsp kosher salt
- 4 green onions, sliced
- 3 garlic cloves, minced
- 1/3 cup Korean-style red pepper (gochugaru)
- 1 tsp grated fresh ginger
- 1 bag DOLE® Spinach (*optional*)

Directions:

1. **Toss** radish, pineapple, and salt in a large bowl. Let stand at room temperature for 30 minutes, or until about 1/2 cup liquid forms in bowl.
2. **Stir** onions, garlic, pepper, and ginger in a small bowl. Toss with pineapple mixture until well coated. Cover and refrigerate at least 2 hours or up to 1 week. Makes about 8 cups (about 6 cups after marinating for more than 24 hours).
3. **Serve** over a bed of fresh DOLE® Spinach, if desired.

Chef Tip: Serve with sticky rice, shrimp or tofu, spinach, bell pepper, carrots, and red onion, or in tacos with chicken or shrimp, napa cabbage, mango, avocado, and cilantro.





Grilled Pineapple Fries with Avocado-Sriracha Dip

Ingredients:

- 1 DOLE® Avocado, peeled & pitted
- 1 DOLE® Lime, zested & juiced (about 1 ½ tbsp zest, & 1 tbsp juice)
- ¼ cup unsweetened coconut milk (yogurt alternative)
- 1 tbsp sriracha
- ½ small DOLE® Pineapple, peeled & cut into 3 (1-inch) wedges
- ¼ tsp kosher salt
- ⅛ tsp chili powder
- Nonstick cooking spray

Directions:

1. **Prepare** outdoor grill for direct grilling over medium-high heat. Purée avocado, lime zest and juice, yogurt and sriracha in a blender on high for 1 minute or until smooth. Makes about 1 cup.
2. **Toss** pineapple, salt and chili powder in a medium bowl. Spray with nonstick cooking spray. Place pineapple on hot grill rack. Cover and cook 8 minutes or until grill marks appear, turning once.
3. **Serve** pineapple with dip.



No ripening after picking • Pineapples don't get sweeter after harvest, so what you buy at the store is what you get.

DESERTS



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Chocolate Dipped Dried Pineapple

Ingredients:

- 1 medium DOLE® Pineapple, peeled, cored & sliced crosswise into 12 (1/4-inch-thick) rings
- 1 cup chopped gluten-free dark baking chocolate
- 1/2 cup chopped, roasted, & lightly salted cashews, or your favorite type of nut

Directions:

1. **Preheat** oven to 175°F. Line 2 rimmed baking pans with parchment paper. Place pineapple rings in a single layer on prepared pans. Bake pineapple 8 hours or until golden brown and dry to the touch, turning and flipping occasionally.
2. **Heat** chocolate in a small microwave-safe bowl in microwave on high for 1 minute or until melted, stirring every 15 seconds. Dip each pineapple ring halfway into chocolate to coat; sprinkle with cashews. Return to same parchment-lined pans in a single layer. Refrigerate 10 minutes or until chocolate hardens. Store in an airtight container up to 1 week.



Spiky outside, sweet inside • That tough skin protects some seriously juicy, golden fruit.



Provincial Pineapple-Banana Bundt Cake

Ingredients:

- Nonstick cooking spray
- 1 cup chopped DOLE® Pineapple
- 2 cups white whole wheat flour
- 2 tsp baking soda
- 1/2 tsp fine sea salt
- 1/2 cup coconut sugar
- 1/3 cup natural buttery spread with olive oil
- 4 ripe DOLE® Bananas, peeled & mashed (about 1 1/3 cups)
- 2 large eggs
- 2 tsp vanilla extract
- 1/2 cup plain nonfat Greek yogurt
- 1/3 cup powdered sugar

Directions:

1. **Preheat** oven to 350°F. Spray a 12-cup Bundt pan with nonstick cooking spray.
2. **Purée** pineapple in a food processor on high for 1 minute, or until some small pieces remain. Makes about 1 cup.
3. **Whisk** flour, baking soda, and salt in a medium bowl. Beat sugar and buttery spread in a large bowl, with mixer on medium speed, for 2 minutes or until light and fluffy. Add bananas, eggs, vanilla extract, and 1/2 cup pineapple. Beat 1 minute or until incorporated; reduce speed to low. Alternately, add yogurt and flour mixture, and beat 1 minute or until incorporated, scraping bowl occasionally.
4. **Transfer** cake batter to a prepared pan. Bake for 55 minutes or until a toothpick inserted in the center comes out with a few small crumbs. Cool cake completely in the pan on a wire rack.
5. **Whisk** powdered sugar and remaining 1/2 cup pineapple in a medium bowl; drizzle over cake. Cut cake into 24 (1 1/4-inch-thick) slices.

Chef Tip: Try swapping the bananas in this recipe with black DOLE® Plantains. Plantains pair well with tropical fruits such as pineapple.



A symbol of welcome • Pineapples have long been a sign of hospitality and warmth.



Fresh Pineapple Upside-Down Cake

Ingredients:

- 3/4 cup unsweetened almond milk
- 2 tsp apple cider vinegar
- 1/2 cup plus 3 tbsp packed light brown sugar, divided
- 4 slices DOLE® Tropical Gold® Pineapple, 1/4-inch thick
- 1 cup unbleached all-purpose flour
- 1/2 cup whole-wheat flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1/3 cup buttery spread
- 1 ripe DOLE® Banana
- 2 egg whites
- 2 tsp pure vanilla extract
- DOLE® Berries, such as raspberries or blackberries

Directions:

1. **Preheat** oven to 350°F. Combine almond milk and apple cider vinegar. Set aside for 5 minutes.
2. **Line** bottom of a 9-inch round cake pan with parchment paper. Spray parchment with cooking spray. Sprinkle parchment with 3 tablespoons of brown sugar, and arrange pineapple slices on top. Set aside.
3. **Combine** all-purpose and whole-wheat flours, baking powder, baking soda, cinnamon, and salt together; set aside.
4. **Cream** buttery spread with remaining brown sugar until smooth. Add the banana and continue creaming until smooth. Add the egg whites and vanilla extract. Alternate adding flour mixture and almond milk mixture, scraping the mixing bowl as needed. Transfer the batter to the cake pan, spreading it evenly.
5. **Bake** 45 minutes or until toothpick inserted in the center comes out clean. Remove from the oven and cool for 20 minutes before flipping cake out onto a serving plate. Pull off the parchment paper. Place several berries into the center of each pineapple. Cool completely before serving.



Each plant = 1 pineapple • Most pineapple plants produce just one fruit at a time.



Spiced Pineapple Tarte Tatin

Ingredients:

- 1/4 cup vegan buttery spread stick
- 1/2 cup honey
- 1 fresh DOLE® Tropical Gold® Pineapple, shell removed, cored, & cut into chunks
- 1 tsp Chinese five-spice powder
- 1 (9-inch) refrigerated pie crust
- Low-fat vanilla frozen yogurt (*optional*)

Directions:

1. Preheat oven to 400°F.
2. Melt buttery spread and honey over medium heat in medium cast-iron skillet. Stir in pineapple chunks and increase temperature to medium-high. Cook 3 minutes or until liquid is lightly golden and

bubbly. Reduce heat to medium, continue cooking for 2 more minutes.

3. Toss together pineapple with five-spice powder until evenly coated. Stir into skillet and cook for 1 minute or until heated through. Remove from heat; cool for 10 minutes.
4. Cover pineapple mixture with pie crust, tucking edges down into skillet. Cut two slits in center of the crust.
5. Bake for 15 to 20 minutes or until crust is golden and cooked through. Let cool 10 minutes, then run a knife around edge of tart. Place serving plate over skillet and turn over. Serve with vanilla yogurt, if desired.

DRINKS



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Tropical Kombucha Float

Ingredients:

- 1 medium DOLE® Mango, peeled, pitted & chopped
- 1 cup chopped DOLE® Pineapple, plus pineapple wedges for garnish *(optional)*
- 1 bottle (16 ounces) mango or mango-lime kombucha
- 4 scoops strawberry sorbet (about 2 cups)
- DOLE® Strawberry slices for garnish *(optional)*

Directions:

1. **Purée** mango, pineapple, and 2 cups of water in a blender on high until smooth. Strain through a fine mesh strainer into a large pitcher. Refrigerate at least 2 hours, or until chilled. Makes about 2-1/2 cups of mango mixture.
2. **Pour** mango mixture into 4 (16-ounce) glasses. Top with kombucha and strawberry sorbet. Garnish floats with strawberry slices and/or pineapple wedges, if desired. Makes 4 floats.



Top-heavy fashion icon • That leafy crown can make up almost half the fruit's height.



Princess Pearls Punch

Ingredients:

- 1 $\frac{3}{4}$ cups 100% white grape juice, chilled
- 1/2 cup chopped DOLE® Mango
- 1/2 cup chopped DOLE® Pineapple
- 1/2 cup DOLE® Blueberries
- 1/3 cup large pearl tapioca
- 4 extra-wide straws
- Fresh mint for garnish *(optional)*

Directions:

1. **Stir** 1 $\frac{1}{2}$ cups of white grape juice, mango, pineapple, and blueberries in a pitcher. Cover and refrigerate 1 hour, or up to 2 hours. Makes about 2 $\frac{1}{2}$ cups.
2. **Bring** 8 cups of water to a boil in a large saucepot over high heat. Add tapioca pearls. Reduce heat to medium-high and boil 30 minutes or until tapioca is translucent, stirring occasionally; drain. Stir tapioca and remaining 1/4 cup grape juice in a medium bowl; cool 5 minutes. Makes about 1/2 cup.
3. **Divide** tapioca pearls into 4 (10-ounce) glasses; pour juice mixture over tapioca. Place 1 straw in each glass. Garnish with mint, if desired.



Sun lover • Pineapples thrive in warm, sunny climates and don't like the cold one bit!



Grilled Pineapple Mockarita

Ingredients:

- 1 DOLE® Pineapple, rind removed, cored & cut crosswise into 1-inch-thick rings
- Vegan nonstick cooking spray
- 4 DOLE® Limes: 3 zested & 4 juiced (about 1/4 cup each zest & juice), 1 squeezed lime reserved
- 3 tbsp kosher salt
- 1 tsp crushed red pepper flakes
- 2 tbsp light agave nectar
- Crushed ice
- 3 cans (12 ounces each) lime seltzer water

Directions:

1. **Prepare** outdoor grill for direct grilling over high heat. Spray both sides of pineapple with nonstick cooking spray. Place pineapple on hot grill rack. Cover and cook for 8 minutes or until grill marks appear, turning once. Transfer to cutting board; coarsely chop.
2. **Blend** 2 tablespoons lime zest, salt, and crushed red pepper in a blender on high until finely chopped; spread on a plate. Makes about 1/4 cup.
3. **Blend** agave nectar, pineapple, lime juice, and remaining 2 tablespoons lime zest in a blender on high; refrigerate 1 hour. Makes about 4 cups.
4. **Run** a squeezed lime around the rims of 8 (16-ounce) glasses to dampen. Dip rims of glasses into salt mixture to coat. Add ice and 1/2 cup mockarita mix to each glass. Stir and top with seltzer.

Chef Tip: Use remaining rim coating sprinkled over fresh pineapple, mango, watermelon, or avocado, or to season chicken, fish, tofu, eggs, vegetables, tacos, or chili!



Color isn't everything • A pineapple can be perfectly ripe even if it's still a bit green on the outside.



Slow Cooker Warm Pineapple Tea Punch

Ingredients:

- 5 cinnamon sticks
- 4 black tea bags
- 1 blood or navel orange, ends trimmed & thinly sliced crosswise
- 1 DOLE® Green Apple, halved, cored & thinly sliced crosswise
- 1/2 DOLE® Pineapple, peeled, cored & chopped
- 6 cups apple cider
- 1 cup fresh cranberries

Directions:

1. **Stir** all ingredients and 4 cups of water in a 5 to 6-quart slow cooker. Cover and cook on high for 1 hour or on low for 2 hours, stirring occasionally. Remove tea bags. Serve warm garnished with fruit from the slow cooker. Makes about 8 cups (without fruit).

Chef Tip: Punch can be prepared, covered and chilled up to 1 day in advance; serve over ice, or reheat in a large saucepot over medium heat for 15 minutes or until heated through, stirring frequently.



A fragrant clue • A sweet, tropical smell at the base usually means your pineapple is ready to eat.



Pineapple Running Juice

Ingredients:

- 2 cups diced DOLE® Tropical Gold® Pineapple
- 1 cup DOLE® Broccoli florets, steamed
- 1 medium cucumber with peel
- 1-inch piece fresh ginger or 1/4 tsp ground ginger
- 1/2-inch piece fresh turmeric or 1/4 tsp ground turmeric

Directions:

1. **Press** pineapple through a juicer. Continue adding broccoli, cucumber, ginger, and turmeric.

Chef Tip: You can use a blender or food processor in place of a juicer. Add 1 cup of water before blending fruit and vegetables.



Vitamin boost • They're loaded with vitamin C, giving your immune system a sunny little lift.



Pineapple & Muddled Berry Mule Mocktail

Ingredients:

- 1 cup chopped DOLE® Pineapple plus additional wedges for garnish (*optional*)
- 1/2 cup chopped DOLE® Strawberries
- 1/2 cup DOLE® Raspberries
- 1/2 cup fresh cranberries
- 1/4 cup agave nectar
- 2 tsp minced fresh ginger
- 2 DOLE® Limes, juiced (about 1/4 cup), plus additional lime wheels for garnish (*optional*)
- Ice
- 2 cups pineapple-flavored sparkling water

Directions:

1. **Muddle** 1/2 cup pineapple, 1/4 cup each strawberries, raspberries and cranberries, 2 tablespoons agave nectar, and 1 teaspoon ginger in a cocktail shaker; add 2 tablespoons lime juice. Fill shaker halfway with ice; cover and shake vigorously.
2. **Fill** 2 (16-ounce) copper mugs with ice. Pour unstrained pineapple mixture into mugs over ice. Top with 1 cup of sparkling water and garnish with pineapple wedges and/or lime wheels, if desired. Repeat to make 2 more mules.



A little goes a long way • Thanks to their acidity and bold flavor, a small amount of pineapple can brighten an entire dish.



EXTRAS



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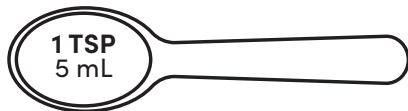
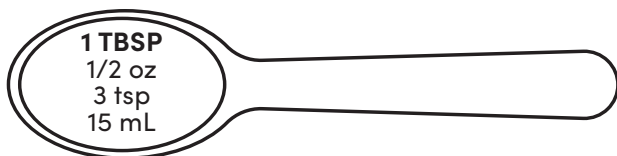
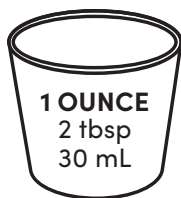
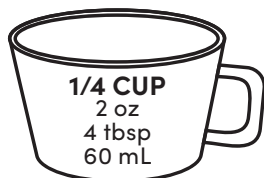
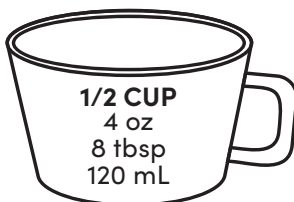
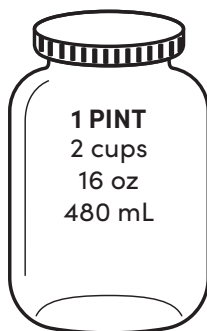
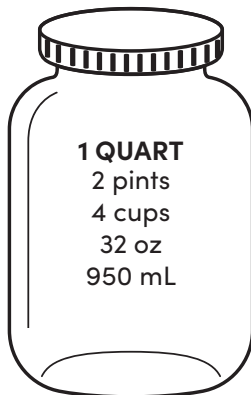
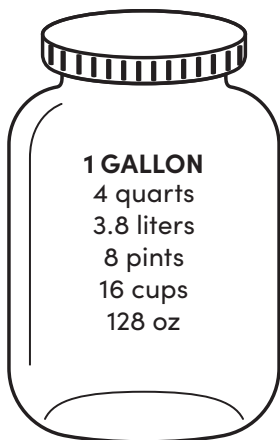


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U.S. & METRIC CONVERSIONS



RULER



ABBREVIATIONS

c • cup	g • gallon	oz • ounce
°C • Celcius	kg • kilogram	pt • pint
°F • Fahrenheit	lb • pound	qt • quart
fl oz • fluid ounce	L • liter	tbsp • tablespoon
gal • gallon	mL • milliliter	tsp • teaspoon

PAN SIZE EQUIVALENTS

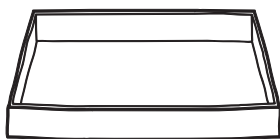


ROUND PANS

6 inches = 4 cups
15 cm = 960 ml

8 inches = 6 cups
20 cm = 1.4 liters

9 inches = 8 cups
23cm = 1.9 liters



RECTANGULAR PANS

11 x 7 inches = 10 cups
28 x 18 cm = 2.4 liters

13 x 9 inches = 14 cups
33 x 23 cm = 3.3 liters



SQUARE PANS

8 inches = 8 cups
20 cm = 1.9 liters

9 inches = 10 cups
23 cm = 2.4 liters

10 inches = 12 cups
25 cm = 2.8 liters

OVEN TEMPERATURES



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

EXTRAS

[illegible]

