



DOLE WHIP

Recipe Booklet



A collection of 13 iconic
DIY Dole Whip recipes!



DOLE WHIP BUCKET LIST

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AFTER TRYING EACH DOLE WHIP, CHECK IT OFF YOUR BUCKET LIST!



BERRY BANANA FRO-WHIP

🕒 10min. plus freezing 🍴 Serves: 4 📅 90 calories

Ingredients:

- 2 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- 1 cup chopped DOLE® Pineapple, frozen
- ½ cup DOLE® Blackberries
- ½ cup DOLE® Blueberries
- ½ cup DOLE® Raspberries plus additional for garnish
- 3 tablespoons powdered sugar
- 1¼ cups refrigerated unsweetened coconut milk
- Shaved dark chocolate and/or chopped nuts (optional)

Directions:

1. Purée bananas, pineapple, blackberries, blueberries, raspberries and sugar in a blender; with blender running, slowly add coconut milk. Makes about 4½ cups.
2. Divide into 4 bowls; top with raspberries, chocolate and/or nuts, if desired.



BLUE HAWAIIAN DOLE WHIP

🕒 10min. plus freezing 🍴 Serves: 4 📅 177 calories

Ingredients:

- 3 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- ½ DOLE® Lemon, juiced (about 2 tablespoons juice)
- 2 cups chopped DOLE® Pineapple, frozen
- 1 cup unsweetened coconut milk, chilled
- 2 tablespoons powdered sugar
- 2 teaspoons rum extract
- 1 teaspoon blue spirulina powder
- ¼ cup toasted coconut chips

Directions:

1. Purée bananas, lemon juice, pineapple, milk, sugar, rum extract and spirulina in a blender on high until smooth. Makes about 4 cups.
2. Divide banana mixture into 4 small bowls; sprinkle with coconut chips.





CLASSIC DIY DOLE WHIP

🕒 10min. plus freezing 🍴 Serves: 2 📅 120 calories

Ingredients:

- 1 cup ripe DOLE® pineapple, chopped and frozen
- 1 ripe DOLE® Banana, peeled and frozen
- 2-1/2 teaspoons powdered sugar
- 1/2 cup unsweetened coconut milk
- 1 teaspoon lime juice

Directions:

1. Combine all ingredients in a blender or food processor. Cover; blend until smooth, about 2-3 minutes. Garnish with fresh pineapple. Serve immediately.



CREAMY LEMON-BLUEBERRY SWIRL DOLE WHIP



🕒 20min. plus freezing 🍴 Serves: 4 📅 162 calories

Ingredients:

- 1 cup DOLE® Blueberries, frozen, plus additional fresh blueberries for garnish
- 2 DOLE® Lemons, zested and juiced (about 2 tablespoons zest and ½ cup juice)
- 1 package (16 ounces) silken tofu, drained, cut into 1-inch cubes and frozen
- 2 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- ½ cup unsweetened coconut milk
- 2 tablespoons powdered sugar
- 1 teaspoon lemon extract

Directions:

1. Purée blueberries, 3 tablespoons lemon juice and 3 tablespoons cold water in a blender on high until smooth; transfer to a medium bowl and freeze 10 minutes. Makes about 1 cup.
2. Purée tofu, bananas, milk, lemon zest, powdered sugar, lemon extract and remaining 5 tablespoons lemon juice in a blender on high until smooth; carefully swirl banana mixture into blueberry mixture with a spoon. Makes about 4 cups.
3. Divide banana mixture into 4 small bowls or glasses; garnish with fresh blueberries.





DARK CHOCOLATE DOLE WHIP

🕒 15min. plus freezing 🍴 Serves: 4 📅 210 calories

Ingredients:

- 2 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- 2 cups chopped DOLE® Pineapple, frozen
- ¼ cup gluten free and vegan dark chocolate chips
- 3 tablespoons unsweetened cocoa powder
- 2 tablespoons gluten free powdered sugar
- 1 cup oat milk
- DOLE® Blueberries and/or Raspberries for serving (optional)

Directions:

1. Purée bananas, pineapple, chocolate chips, cocoa powder and sugar in a high-powered blender on high until smooth; with blender running, slowly add milk. Makes about 3½ cups.
2. Divide banana mixture into 4 bowls; top with blueberries and/or raspberries, if desired.



FROZEN MEXICAN HOT CHOCOLATE DOLE WHIP



🕒 15min. plus freezing 🍴 Serves: 4 📅 279 calories

Ingredients:

- 1 tablespoon turbinado cane sugar
- ½ teaspoon ground cayenne pepper
- 4 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- 2 DOLE® Avocados, peeled, pitted, quartered and frozen
- 2 cups unsweetened cashew milk, chilled
- ¼ cup unsweetened Dutch-process cocoa powder
- 1 tablespoon plus 1 teaspoon powdered sugar
- 1½ teaspoons ground cinnamon
- 1 teaspoon vanilla extract
- 3 tablespoons shaved vegan dark chocolate

Directions:

1. Stir cane sugar and ¼ teaspoon cayenne on a small plate. Dampen rims of 4 (8-ounce) glasses with water; dip rims of glasses into sugar mixture to coat.
2. Purée bananas, avocados, milk, cocoa powder, powdered sugar, cinnamon, vanilla extract and remaining ¼ teaspoon cayenne in a blender on high until smooth. Makes about 5 cups.
3. Divide banana mixture into prepared glasses; sprinkle with chocolate shavings.



GOLDEN CURRY & MANGO DOLE WHIP



🕒 15min. plus freezing

🍴 Serves: 4

🕒 140 calories

Ingredients:

- 2 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- 2 cups chopped DOLE® Pineapple, frozen
- 1 cup chopped frozen mango
- 1 cup unsweetened coconut milk, chilled
- 2 teaspoons grated fresh ginger
- 1½ teaspoons curry powder
- ½ teaspoon ground cinnamon plus additional for garnish (optional)
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cayenne pepper
- Cinnamon sticks for garnish (optional)

Directions:

1. Purée all ingredients in a blender on high until smooth. Makes about 5 cups.
2. Divide banana mixture into 4 small bowls; serve garnished with cinnamon and/or cinnamon sticks, if desired.



HEALTHY HALO-HALO INSPIRED DOLE WHIP

🕒 20min. plus freezing

🍴 Serves: 4

🕒 178 calories

Ingredients:

- 1 cup chopped DOLE® Strawberries
- 1 cup DOLE® Green and/or Red Grapes, coarsely chopped
- ½ cup diced mango
- 3 teaspoons fresh lime juice
- 2 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- 2 cups chopped DOLE® Pineapple, frozen
- 1 cup unsweetened coconut milk, chilled
- 3 tablespoons ube powder
- 1 tablespoon plus 1 teaspoon powdered sugar
- ¼ cup unsweetened coconut flakes, toasted
- DOLE® Blueberries and/or DOLE® Raspberries for garnish (optional)

Directions:

1. Toss strawberries, grapes, mango and 1 teaspoon lime juice in a medium bowl. Makes about 2 2/3 cups.
2. Purée bananas, pineapple, milk, ube powder, sugar and remaining 2 teaspoons lime juice in a blender on high until smooth. Makes about 5 cups.
3. Layer ½ cup strawberry mixture, heaping ½ cup banana mixture, ½ cup strawberry mixture and heaping ½ cup banana mixture into each of 4 parfait glasses; sprinkle with coconut flakes, and garnish with blueberries and/or raspberries, if desired.





MINT GREEN DOLE WHIP



🕒 15min. plus freezing

🍴 Serves: 4

📊 175 calories

Ingredients:

- 2 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- 1 DOLE® Avocado, peeled, pitted, cut into quarters and frozen
- 1 cup DOLE® Green Grapes, frozen
- ¾ cup unsweetened cashew milk, chilled
- ½ cup packed DOLE® Baby Spinach
- ½ cup packed fresh mint leaves plus additional for garnish
- 1 teaspoon green spirulina powder
- Chocolate bits, coconut whipped topping and/or DOLE® Blueberries for garnish (optional)

Directions:

1. Purée bananas, avocado, grapes, milk, spinach, mint leaves and spirulina in a blender on high until smooth. Makes about 4 cups.
2. Divide banana mixture into 4 small bowls; garnish with mint, and chocolate bits, whipped topping and/or blueberries, if desired.



PUMPKIN SPICE SWEET POTATO DOLE WHIP

🕒 18min. plus freezing

🍴 Serves: 4

📊 90 calories

Ingredients:

- 1 cup peeled and chopped DOLE® Sweet Potato
- 1¾ cups chopped DOLE® Pineapple, frozen
- 2 tablespoons maple syrup
- 2 tablespoons unsweetened refrigerated coconut milk
- ¾ teaspoon gluten free pumpkin pie spice
- Chopped pecans and/or coconut chips for garnish (optional)



Directions:

1. Heat potato and 2 tablespoons water in a medium microwave-safe bowl, covered with plastic wrap with 1 edge slightly open to vent, in microwave oven 3 minutes or until very tender. Drain potato; cool completely.
2. Purée pineapple, syrup, milk, ½ teaspoon pumpkin pie spice and potato in a food processor on high until smooth, scraping down bowl occasionally. Makes about 2 cups.
3. Divide pineapple mixture into 4 bowls; sprinkle with remaining ¼ teaspoon pumpkin pie spice and top with pecans and/or coconut chips, if desired.



SWEET & SPICY TAMARINDO DOLE WHIP



🕒 10min. plus freezing

🍴 Serves: 4

🕒 135 calories

Ingredients:

- 1 tablespoon plus ½ teaspoon chili-lime seasoning (such as Tajín® Clásico Seasoning)
- 1 lime wedge
- 1 ripe DOLE® Banana, peeled, cut crosswise into thirds and frozen
- 1 ripe DOLE® Plantain, peeled, cut crosswise into thirds and frozen
- 1 cup chopped DOLE® Pineapple, frozen
- ½ cup unsweetened coconut milk, chilled
- 2 tablespoons tamarind concentrate
- 1 tablespoon fresh lime juice
- 2 teaspoons powdered sugar

Directions:

1. Spread 1 tablespoon seasoning on a plate. Run lime wedge around rims of 4 (8-ounce) glasses to dampen; dip rims of glasses into seasoning to coat.
2. Purée banana, plantain, pineapple, milk, tamarind concentrate, lime juice and sugar in a blender on high until smooth. Makes about 3 cups.
3. Divide banana mixture into prepared glasses; serve sprinkled with remaining ½ teaspoon seasoning.



TWISTED CANDY CANE DOLE WHIP



🕒 15min. plus freezing

🍴 Serves: 4

🕒 133 calories

Ingredients:

- 2 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- 1½ cups unsweetened coconut milk, chilled
- 2/3 cup chopped DOLE® Pineapple, frozen
- 1 tablespoon powdered sugar
- ¼ teaspoon peppermint extract
- 2/3 cup hulled and halved DOLE® Strawberries, frozen
- ½ cup DOLE® Raspberries, frozen
- Mini candy canes and mint leaves for garnish (optional)

Directions:

1. Purée 1 banana, 2/3 cup milk, pineapple, ½ tablespoon sugar and peppermint extract in a blender on high until smooth; transfer to a large plastic piping bag and freeze 15 minutes. Makes about 2 cups.
2. Purée strawberries, raspberries, and remaining 1 banana, 2/3 cup milk and ½ tablespoon sugar in a blender on high until smooth; transfer to a large plastic piping bag and freeze 15 minutes. Makes about 2 cups.
3. Cut off about ½ inch from tip of each piping bag; place both bags side by side in a large plastic piping bag fitted with a large star tip. Pipe the 2 flavors into 4 small bowls; serve garnished with candy canes and/or mint leaves, if desired.



CLASSIC DOLE WHIP POPSICLES

🕒 15min. plus freezing

🍴 Serves: 6

🕒 45 calories

Ingredients:

- ½ DOLE® Lime, juiced (about 1 tablespoon)
- 1½ cups chopped DOLE® Pineapple
- ½ cup unsweetened refrigerated coconut milk
- 2 tablespoons agave nectar

Directions:

1. Purée lime juice, pineapple, milk and agave nectar in a blender on high until smooth. Makes about 2½ cups.
2. Divide pineapple mixture into 6 (3-ounce) ice pop molds; insert sticks into molds and freeze at least 5 hours or up to overnight. Run molds under warm water for 10 seconds to release popsicles. Makes 6 popsicles.



DOLE WHIP Wonderland



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📱 SCAN ME



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