



DOLE WHIP BUCKET LIST (A.K.A. TABLE OF CONTENTS)





BERRY BANANA FRO-WHIP

10min. plus freezing



90 calories

Ingredients:

- 2 ripe DOLE[®] Bananas, peeled, cut crosswise into thirds and frozen
- 1 cup chopped DOLE[®] Pineapple, frozen
- ¹/₂ cup DOLE[®] Blackberries
- ¹/₂ 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)

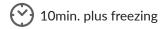
Directions:

- Purée bananas, pineapple, blackberries, blueberries, raspberries and sugar in a blender; with blender running, slowly add coconut milk. Makes about 4¹/₂ cups.
- 2. Divide into 4 bowls; top with raspberries, chocolate and/or nuts, if desired.





BLUE HAWAIIAN DOLE WHIP







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
- ¹/₄ cup toasted coconut chips

Directions:

- 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



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:

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

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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
- ¹/₂ cup unsweetened coconut milk
- 2 tablespoons powdered sugar
- 1 teaspoon lemon extract

Directions:

- 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



210 calories

Ingredients:

- 2 ripe DOLE[®] Bananas, peeled, cut crosswise into thirds and frozen
- 2 cups chopped DOLE[®] Pineapple, frozen
- ¹/₄ 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 3¹/₂ cups.
- 2. Divide banana mixture into 4 bowls; top with blueberries and/or raspberries, if desired.



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FROZEN MEXICAN HOT **CHOCOLATE DOLE WHIP**







279 calories

Ingredients:

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

Directions:

- 1. Stir cane sugar and ¼ teaspoon cavenne 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



140 calories

Ingredients:

- 2 ripe DOLE[®] Bananas, peeled, cut crosswise into thirds and frozen
- ٠ 2 cups chopped DOLE[®] Pineapple, frozen
- 1 cup chopped frozen mango
- . 1 cup unsweetened coconut milk, chilled
- 2 teaspoons grated fresh ginger ٠
- 1¹/₄ teaspoons curry powder ٠
- ¹/₂ teaspoon ground cinnamon plus additional for garnish (optional)
- ¹/₂ teaspoon ground turmeric
- ٠ ¹/₄ teaspoon ground cayenne pepper
- Cinnamon sticks for garnish (optional) ٠



- 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





Ingredients:

- 1 cup chopped DOLE[®] Strawberries
- 1 cup DOLE[®] Green and/or Red Grapes, coarsely chopped
- ¹/₂ 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
- ¹/₄ cup unsweetened coconut flakes, toasted
- DOLE[®] Blueberries and/or DOLE[®] Raspberries for garnish (optional)





- 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 ¹/₃ 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



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
- ¹/₂ 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.

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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

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Serves: 4

90 calories

Ingredients:

- 1 cup peeled and chopped DOLE® Sweet Potato
- 1³/₄ cups chopped DOLE[®] Pineapple, frozen
- 2 tablespoons maple syrup

(18min. plus freezing

- 2 tablespoons unsweetened refrigerated coconut milk
- ¾ teaspoon gluten free pumpkin pie spice
- Chopped pecans and/or coconut chips for garnish (optional)



- 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.
- 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.

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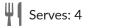
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SWEET & SPICY TAMARINDO

10min. plus freezing



135 calories

Ingredients:

- 1 tablespoon plus ½ teaspoon chililime 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:

 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.

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- 2. Purée banana, plantain, pineapple, milk, tamarind concentrate, lime juice and sugar in a blender on high until smooth. Makes about 3 cups.
- Divide banana mixture into prepared glasses; serve sprinkled with remaining ½ teaspoon seasoning.



TWISTED CANDY CANE DOLE WHIP



Y 15min. plus freezing

• 2 ripe DOLE[®] Bananas, peeled, cut

crosswise into thirds and frozen

• 1¹/₃ cups unsweetened coconut milk.

• 2/3 cup chopped DOLE[®] Pineapple,

¹/₄ teaspoon peppermint extract

• ¹/₂ cup DOLE[®] Raspberries, frozen

• Mini candy canes and mint leaves

2/3 cup hulled and halved DOLE®

1 tablespoon powdered sugar

Strawberries, frozen

for garnish (optional)

Ingredients:

chilled

frozen

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Serves: 4



Directions:

- 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.
- 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.
- 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.

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CLASSIC DOLE WHIP POPSICLES

(*) 15min. plus freezing

Serves: 6

45 calories

Ingredients:

- ½ DOLE[®] Lime, juiced (about 1 tablespoon)
- $1\frac{1}{2}$ cups chopped DOLE[®] Pineapple
- ½ cup unsweetened refrigerated coconut milk
- 2 tablespoons agave nectar



Directions:

 Purée lime juice, pineapple, milk and agave nectar in a blender on high until smooth. Makes about 2½ cups.

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 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.



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