



Smoothie Starters™ Recipes



Strawberry Banana

Makes: 1 serving

1 pouch DOLE Smoothie Starters Strawberry Banana
6 oz. mango nectar or DOLE Strawberry Kiwi Juice, chilled

- **Combine** Smoothie Starters and juice in blender container. Cover: blend until smooth.

Mixed Berry

Makes: 1 serving

1 pouch DOLE Smoothie Starters Mixed Berry
6 oz. pomegranate juice or pear nectar, chilled

- **Combine** Smoothie Starters and juice in blender container. Cover; blend until smooth.

Mango Peach

Makes: 1 serving

1 pouch DOLE Smoothie Starters Mango Peach
6 oz. cranberry juice or sweetened green tea, chilled

- **Combine** Smoothie Starters and juice in blender container. Cover; blend until smooth.

Strawberry Banana Shake

Makes: 1 serving

1 pouch DOLE Smoothie Starters Strawberry Banana
6 oz. DOLE Pineapple Juice
1 scoop pineapple sherbet

- **Combine** Smoothie Starters, juice and sherbet in blender container. Cover; blend until smooth.



Smoothie Starters™ Recipes

Mango Peach Shake

Makes: 1 serving

- 1 pouch DOLE Smoothie Starters Mango Peach
- 6 oz. lemonade
- 1 scoop orange sherbet

- **Combine** Smoothie Starters, lemonade and sherbet in blender container. Cover; blend until smooth.



Tropical Mango Peach Shake

Makes: 1 serving

- 1 pouch DOLE Smoothie Starters Mango Peach
- 6 oz. orange juice
- 1 scoop frozen vanilla yogurt

- **Combine** Smoothie Starters, juice and frozen yogurt in blender container. Cover; blend until smooth.

Breakfast Mixed Berry Smoothie

Makes: 1 serving

- 1 pouch DOLE Smoothie Starters Mixed Berry
- 6 oz. strawberry or strawberry banana nectar
- 1 to 2 tablespoons wheat germ

- **Combine** Smoothie Starters, nectar and wheat germ in blender container. Cover; blend until smooth.

Green Tea Berry Smoothie

Makes 1 serving

- 1 pouch DOLE Smoothie Starters Mixed Berry
- 6 oz. mixed berry yogurt
- 1 tablespoon dry sweetened green tea mix

- **Combine** Smoothie Starters, yogurt and dry green tea mix in blender container. Cover; blend until smooth.



DOLE Frozen Fruit™ Recipes

Caribbean Island

Makes: 1 serving

- 2- 2 oz. Scoops bananas
- 2- 2 oz. Scoops strawberries
- 4 oz. Apple juice
- 2 oz. White grape juice
- 1 oz. Pineapple juice
- 1 oz. Cranberry juice
- 1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, and ice in blender container. Cover; blend until smooth.



Cape Cod

Makes: 1 serving

- 1- 2 oz. Scoop raspberries
- 1- 2 oz. Scoop blueberries
- 8 oz. Cranberry juice
- 1- 8 oz. Cup ice

- Combine** frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Mango Bay

Makes: 1 serving

- 2- 2 oz. Scoops peaches
- 1- 2 oz. Scoop mangos
- 4 oz. Apple juice
- 2 oz. White grape juice
- 1 oz. Pineapple juice
- 1 oz. Cranberry juice
- 1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Berry Breeze

Makes: 1 serving

- 1- 2 oz. Scoop strawberries
- 1- 2 oz. Scoop raspberries
- 1- 2 oz. Scoop blueberries
- 4 oz. Apple juice
- 2 oz. White grape juice
- 1 oz. Pineapple juice
- 1 oz. Cranberry juice
- 1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, and ice in blender container. Cover; blend until smooth.



DOLE Frozen Fruit™ Recipes

Peachtree

Makes: 1 serving

- 1- 2 oz. Scoop strawberries
- 1- 2 oz. Scoop bananas
- 1- 2 oz. Scoop peaches
- 4 oz. Apple juice
- 2 oz. White grape juice
- 1 oz. Pineapple juice
- 1 oz. Cranberry juice
- 1- 8 oz. Cup ice



•**Combine** frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Berry Blast

Makes: 1 serving

- 1- 2 oz. Scoops strawberries
- 1- 2 oz. Scoop raspberries
- 1- 2 oz. Scoop blueberries
- 8 oz. Cranberry juice
- 1- 8 oz. Cup ice

•**Combine** frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Strawberry Slammer

Makes: 1 serving

- 3- 2 oz. Scoops strawberries
- 4 oz. Apple juice
- 2 oz. White grape juice
- 1 oz. Pineapple juice
- 1 oz. Cranberry juice
- 1- 8 oz. Cup ice

•**Combine** frozen fruit, juice, and ice in blender container. Cover; blend until smooth.

Peachy Razz

Makes 1 serving

- 2- 2 oz. Scoops raspberries
- 2- 2 oz. Scoops peaches
- 4 oz. Apple juice
- 2 oz. White grape juice
- 1 oz. Pineapple juice
- 1 oz. Cranberry juice
- 1- 8 oz. Cup ice

Combine frozen fruit, juice, and ice in blender container. Cover; blend until smooth.



DOLE Frozen Fruit™ Recipes

Pineapple Berry Fusion

Makes: 1 serving

- 1- 2 oz. Scoop pineapple
- 2- 2 oz. Scoops strawberries
- 4 oz. Apple juice
- 2 oz. White grape juice
- 1 oz. Pineapple juice
- 1 oz. Cranberry juice
- 1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, and ice in blender container. Cover; blend until smooth.
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Strawberry Banana Blitz

Makes: 1 serving

- 2- 2 oz. Scoops bananas
- 2- 2 oz. Scoops strawberries
- 8 oz. Yogurt
- 1- 8 oz. Cup ice

- Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.
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Simply Strawberry

Makes: 1 serving

- 3- 2 oz. Scoops strawberries
- 8 oz. Yogurt
- 1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.
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RazzMatazz

Makes: 1 serving

- 3- 2 oz. Scoops raspberries
- 8 oz. Yogurt
- 1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.



DOLE Frozen Fruit™ Recipes



Blueberry Burst

Makes: 1 serving

3- 2 oz. Scoops blueberries
8 oz. Yogurt
1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, and ice in blender container. Cover; blend until smooth.
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Peach Melba

Makes: 1 serving

1- 2 oz. Scoop raspberries
2- 2 oz. Scoops peaches
8 oz. Yogurt
1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.
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Twisted Berry

Makes: 1 serving

1- 2 oz. Scoop strawberries
1- 2 oz. Scoop raspberries
1- 2 oz. Scoop blueberries
8 oz. Yogurt
1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.
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Mango Fusion

Makes: 1 serving

1- 2 oz. Scoop strawberries
1- 2 oz. Scoop bananas
1- 2 oz. Scoop mango
8 oz. Yogurt
1- 8 oz. Cup ice

- **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.

DOLE Frozen Fruit™ Recipes



Hawaiian Sunrise

Makes: 1 serving

- 1- 2 oz. Scoop strawberries
- 1- 2 oz. Scoop pineapple
- 1- 2 oz. Scoop mango
- 8 oz. Yogurt
- 1- 8 oz. Cup ice

• **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.

Tropical Passion

Makes: 1 serving

- 1- 2 oz. Scoop bananas
- 1- 2 oz. Scoop pineapple
- 1- 2 oz. Scoop mango
- 8 oz. Yogurt
- 1- 8 oz. Cup ice

•**Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.

Peach Island

Makes: 1 serving

- 1- 2 oz. Scoop peaches
- 1- 2 oz. Scoop pineapple
- 1- 2 oz. Scoop mango
- 8 oz. Yogurt
- 1- 8 oz. Cup ice

• **Combine** frozen fruit, juice, yogurt and ice in blender container. Cover; blend until smooth.