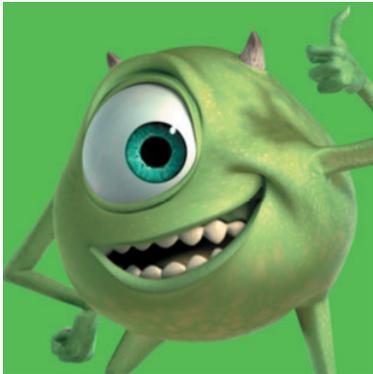


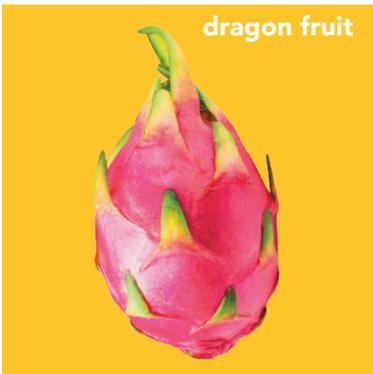


It's What's Inside That Counts

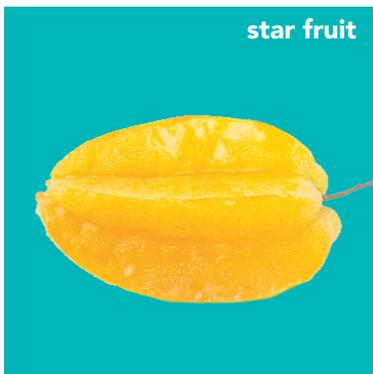
Improve your memory and have fun learning about some exotic or misunderstood fruits and vegetables. These unique varieties may look scary at first, but they're actually quite delicious. Cut out each square and put them face down to start the game. Take turns flipping each square matching the characters and the whole fruit or vegetable with its sliced-up version. Most matched pairs wins!



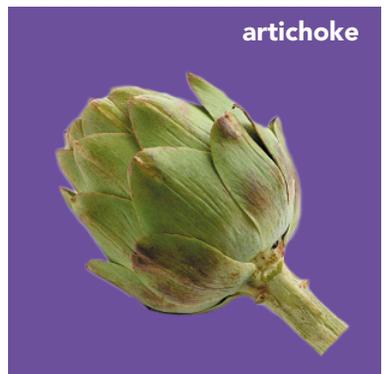
Brussels sprouts



dragon fruit



star fruit



artichoke



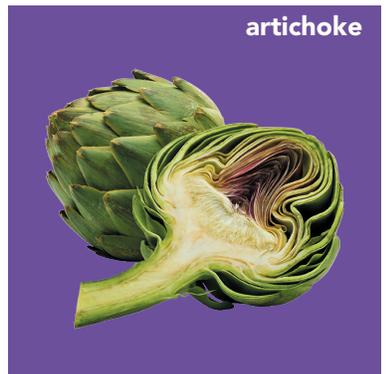
Brussels sprouts



dragon fruit



star fruit



artichoke



▶ **DID YOU KNOW?** Artichokes are one of the oldest foods known to humans.



MONSTERS IN THE KITCHEN

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



MONSTROPOLIS WAFFLES

Servings: 2

Prep Time: 10 MIN

Total Time: 12 MIN

INGREDIENTS:

- 1 1/2 cups of DOLE® green plantains, peeled and chopped (2-3 plantains)
- 5 Tbsp water
- 1 Tbsp canola oil
- 2 Tbsp unsweetened applesauce
- 3 egg whites
- 4 tsp whole wheat flour
- 1/4 tsp salt
- 1/3 cup DOLE® blueberries
- 1 DOLE® kiwi, peeled and diced
- 1 Tbsp maple syrup



Recipe inspired by Disney and Pixar Monsters Inc.

DIRECTIONS:

1. Puree plantains, water, oil, apple sauce, egg whites, flour and salt in blender until smooth.
2. Preheat and grease waffle iron according to manufacturer's instructions.
3. Divide batter in half. Ladle half into waffle iron to cover about two-thirds of the grid surface. Close the lid. Cook until steam stops emerging from the waffle iron, and waffles are golden brown and cooked, about 3 to 4 minutes. Repeat with remaining batter. Cut waffles into sections and divide among 2 plates.
4. Toss together blueberries, kiwi and maple syrup for easy fruit compote. Serve over waffle sections.