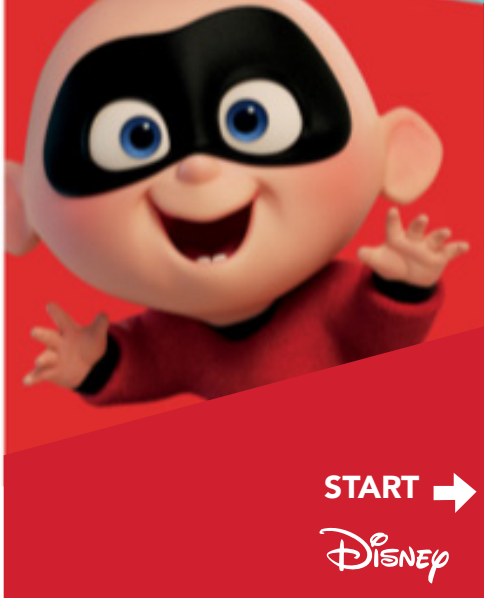
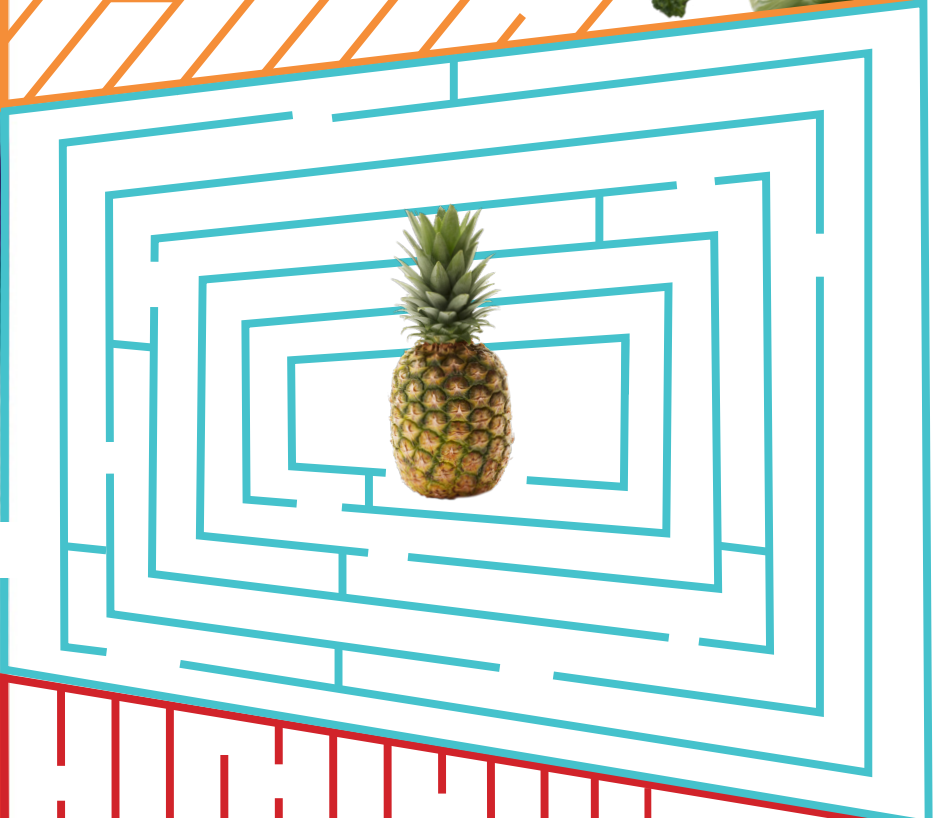




MARK YOUR JOURNEY

Help each character find its way to their healthy snack of choice.



©Disney/Pixar

▶ **DID YOU KNOW?** Pineapples are an excellent source of vitamin C, which supports a healthy immune system.



DISNEY IN THE KITCHEN

Relive the incredible adventures within Disney's films and theme parks through Disney-inspired recipes from Dole. Whip up some theme park magic with this fun and easy to make recipe for DIY Dole Whip! Don't forget to snap a pic and share your creation with us on social media. For more delicious recipe inspiration, head to [Dole.com](https://www.dole.com).



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DIY DOLE WHIP

Servings: 2 **Prep Time:** 10 MIN **Total Time:** 10 MIN

The classic treat you love is now available to enjoy at home! This dairy-free dessert is perfect for Summer or anytime you feel like adding a little sweetness to your day. With only five ingredients and minutes to prepare, it's almost as good as enjoying this treat while on vacation... almost.

Notes: For best results, freeze fruit in airtight containers.

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.

