

NO BLENDER?
NO PROBLEM.



easy as



menu solutions



Breakfast *Blender-less* Smoothies



1

MEASURE

Measure out all ingredients into a mixing bowl.



2

WHISK

Whisk until all ingredients are incorporated together.



3

CHILL

Chill and serve!





A WELL-ROUNDED SOLUTION

Pair with two mini whole-grain donuts or a bag of crackers and you've met the grain requirement as well.



Yields 15
8 oz. Servings

8 OZ.
**MIXED BERRY
BLENDER-LESS
SMOOTHIE**

15 oz. DOLE Chef-Ready Frozen Strawberry Purée	+	15 oz. DOLE Chef-Ready Frozen Blackberry Purée	+	30 oz. 100% Juice*	60 oz. Low-Fat Vanilla Yogurt
Meets Daily Breakfast FRUIT JUICE REQUIREMENT					Meets Daily Breakfast PROTEIN REQUIREMENT

Source: www.fns.usda.gov/school-meals/nutrition-standards-school-meals



Yields 15
8 oz. Servings

8 OZ.
**MANGO
BLENDER-LESS
SMOOTHIE**

30 oz. DOLE Chef-Ready Frozen Mango Purée	+	30 oz. 100% Juice*	60 oz. Low-Fat Vanilla Yogurt
Meets Daily Breakfast FRUIT JUICE REQUIREMENT			Meets Daily Breakfast PROTEIN REQUIREMENT

Source: www.fns.usda.gov/school-meals/nutrition-standards-school-meals

*Options include
DOLE 100%
Pineapple Juice,
Apple Juice or
Orange Juice



To request a free sample, visit
dolefoodservice.com/Fruit-Purees
dolefoodservice.com