

NO BLENDER?
NO PROBLEM.



easy as



menu solutions



Breakfast *Blender-less* Smoothies



MADE WITH DOLE® CHEF-READY FROZEN FRUIT PURÉES

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

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

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



Yields 15
8 oz. Servings

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

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
or call 800-723-9868.

dolefoodservice.com