



Smoothie

QUICK GUIDE FOR SCHOOLS

WHAT YOU
NEED

CHOOSE YOUR
FRUIT



DOLE® fruit

4 oz. fruit credits as ½ cup fruit juice and
meets the daily breakfast requirement

CHOOSE YOUR
LIQUID



milk

4 oz. milk credits
as ½ cup milk serving



juice

4 oz. fruit juice credits
as ½ cup fruit juice

CHOOSE YOUR
BASE



yogurt

4 oz. yogurt credits as
1 oz. meat alternative



DOLE® product



blender or bowl



cups, lids & straws

THE DOLE® DIFFERENCE

Count on Dole for quality, consistency and year round availability.

*Delivering labor savings, convenience and versatility from a brand you can trust,
Dole is dedicated to Food Safety Programs and enforces stringent quality control programs.*



EACH RECIPE = 1 CUP FRUIT PER SERVING

BLENDER-LESS SMOOTHIES NO BLENDER? NO PROBLEM

Use DOLE® Chef-Ready Frozen Fruit Purées in any recipe to create an easy-to-mix blender-less smoothie option.

1

MEASURE

Measure out all ingredients into a mixing bowl.



2

WHISK

Whisk until all ingredients are incorporated together.



3

CHILL

Chill and serve!



DOLE PEACH PERFECT SMOOTHIE

- 24 oz. DOLE® Chef-Ready Cuts Diced Peaches
- 24 oz. Plain or Vanilla Yogurt
- 24 oz. DOLE 100 % Pineapple Juice

TIP:

Add tropical flair to any smoothie by using DOLE® 100 % Pineapple Juice.



3 EASY STEPS TO AN A+ SMOOTHIE



1. Add equal parts juice, yogurt and fruit in a commercial grade blender.
2. Blend contents until smooth.
3. Pour and serve.

TIP: Smoothies can be pre-made and stored at a temperature of 41°F or below for up to 4 hours before serving.

**All recipes yield approximately six 12 oz. servings*

TIP:

Using frozen fruit eliminates the need for ice and keeps your smoothie from becoming watery or separated before serving.



DOLE TROPICAL MANGO SMOOTHIE

- 24 oz. DOLE® Chef-Ready Cuts Mango Cubes
- 24 oz. Plain or Vanilla Yogurt
- 24 oz. DOLE 100 % Pineapple Juice



TIP:

DOLE® Chef-Ready Frozen Fruit Purées can be used to create a delicious blender-less smoothie option.



DOLE BLENDER-LESS BERRY SMOOTHIE

- 12 oz. DOLE® Chef-Ready Frozen Strawberry Purée
- 12 oz. DOLE Chef-Ready Frozen Blackberry Purée
- 24 oz. Plain or Vanilla Yogurt
- 24 oz. DOLE Pineapple Juice



Visit dolefoodservice.com to learn more about these products and current offers, or call 800-723-9868 to contact a Dole Representative.