



DOLE CHEF-READY CUTS

Perfectly sliced, cubed, slivered and diced fruit that delivers unbeatable time, labor and cost savings. Add a burst of fruit flavor to the menu, whenever you need it!

DOLE CHEF-READY FROZEN FRUIT PURÉES

These versatile purées are made with quality fruit, ideal for creating consistent, memorable sauces, beverages and desserts.



FRUIT IS *Growing* ACROSS MENUS⁸

+19%

+17%

+15%

+11%

Super Sundaes THAT CAN'T BE Topped!

FEATURING

DOLE SNACK BITES
CRAN-BLUEBERRY
NUT CLUSTERS
DOLE CHEF-READY FROZEN
BLACKBERRY
PURÉE

DOLE CHEF-READY CUTS
SLICED
BANANAS

DOLE CHEF-READY CUTS
MANGO
CUBES

DOLE CHEF-READY CUTS SLICED
STRAWBERRIES

VANILLA
ICE CREAM



GROWING MENU POSSIBILITIES,
YEAR-ROUND.[®]

MINDFUL DESSERTS: THE NEW DEFINITION OF LINDULGENCE

53% OF CONSUMERS SAY THEY INCREASED THEIR FRUIT CONSUMPTION OVER THE PAST YEAR.¹

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- **Feature:** Mindful Desserts
- **New Video:** Fruit-Forward Recipes
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It's no surprise that flavor and indulgence are key attributes for patrons choosing to order desserts when dining out. While decadent desserts will always have a place on the menu, it's important to consider the needs of consumers who are looking to satisfy their sweet tooth in a more mindful way. In this issue, we'll discuss the role fruit plays in creating a well-rounded dessert menu that emphasizes healthy halo attributes while keeping craveable flavor front-and-center.

Lighten Up YOUR DESSERT OFFERINGS

Whether it's the inclusion of nontraditional ingredients or smaller portion sizes, restaurants are starting to look at new ways to bridge the gap between healthful and indulgent desserts. As the editors of *Nation's Restaurant News* recently noted, "People love getting permission to eat what they love"³—and by including more fruit-forward desserts on the menu, operators can give patrons the choices they're looking for. In fact, research shows that dessert is a top mealpart application of fruit⁴—making the category ideal for menu innovation.

While many patrons still seek out "extreme" or social media-friendly desserts when dining out, others simply want to satisfy a craving without



Ice Cream
IS THE MOST POPULAR DESSERT ACROSS RESTAURANT CHANNELS, FOUND ON **50%** OF U.S. MENUS.²

over-indulging. This shift in consumer preference away from "too-sweet" items has led pastry chefs to create treats with less refined sugar and ingredients with natural sweetness, like fruit.⁵ Recently, the Dole team has been inspired by such unique concepts as dairy-free sundae bars with seasonal fruits, strawberry "dessert hummus" and orange-olive oil doughnuts. Sophisticated flavor combinations that balance sweet, tart and savory are sure to lend your fruit-based desserts a signature edge, giving patrons the opportunity to treat themselves in a more mindful way.



WATCH OUR NEW VIDEO, AND GET INSPIRED TO ADD MORE MINDFUL DESSERTS TO YOUR MENU WITH DOLE[®] CHEF-READY CUTS AND DOLE[®] CHEF-READY FROZEN FRUIT PURÉES. VISIT DOLEFOODSERVICE.COM/MINDFUL-DESSERTS

VISIT THE DOLE WEBSITE FOR MORE INFORMATION: DOLEFOODSERVICE.COM

BALANCE THE “LIGHTER SIDE” WITH SWEET INDULGENCE

These recipes featuring DOLE fruit range from light and refreshing to warm and comforting. What they all have in common is the inclusion of more wholesome ingredients, for dessert options that meet a range of patron needs.



STRAWBERRY SHORTCAKE

Our quick and easy recipe for a classic features **DOLE Chef-Ready Cuts Sliced Strawberries**, orange marmalade and whipped cream served over warm, fluffy biscuits.

APPLE AND FROZEN YOGURT SUNDAE BOWL

Put a healthful spin on decadent sundaes by swapping high-fat ice cream with vanilla frozen yogurt and topping the bowl with cinnamon-dusted caramelized **Frozen DOLE Sliced Apples** and homemade fudge clusters filled with **Frozen DOLE Dark Sweet Cherries**.



57% OF U.S. FRUIT CONSUMERS EAT FRUIT TO SATISFY CRAVINGS.⁶



PINEAPPLE PISTACHIO SEMOLINA CAKE

This better-for-you semolina cake skips the frosting but keeps the sweetness with juicy **DOLE Chef-Ready Cuts Pineapple Cubes**, roasted pistachios and a tropical cinnamon-pineapple syrup made with **DOLE Pineapple Juice**.

Delicious

VANILLA PANNA COTTA WITH CARDAMOM PEACH SAUCE

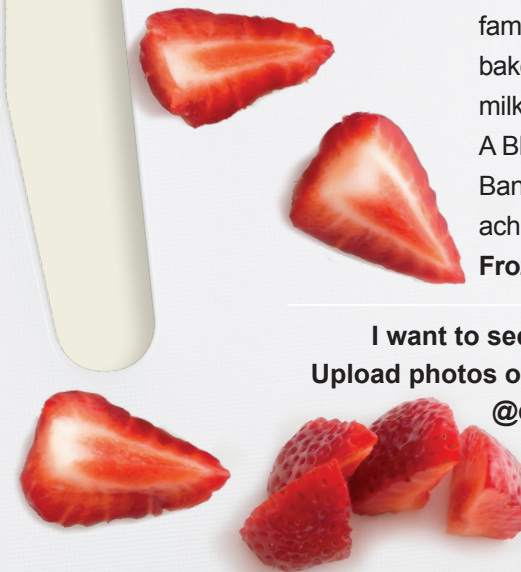
DOLE Chef-Ready Cuts Diced Peaches and cardamom make for a uniquely spiced sauce, perfect for topping a creamy panna cotta.



CHEF TIDBITS FROM



Colorful, fruit-based recipes add excitement and memorable flavor to a mindful dessert menu!



I want to see your takes on mindful desserts! Upload photos on social media and be sure to tag @dolefoodservice and #askfordole.

- **SUGAR, SPICE AND EVERYTHING NICE.** Warm spiced and stewed fruits add signature flair to even the simplest scoop of ice cream. Consider global flavors, like a Mexican Vanilla Ice Cream Sundae topped with Tajin-spiced **DOLE Chef-Ready Cuts Pineapple Cubes**, a condensed milk drizzle and grated Mexican chocolate.
- **SHAKE IT, DON'T BAKE IT.** Introduce the familiar flavor profiles found in classic baked desserts into your next seasonal milkshake offering, for a lighter take. A Blueberry Crumble Shake or Banana Cream Pie Shake is easily achieved using ripe **DOLE IQF Frozen Fruit**.

- **BITES ON BITES.** On-trend dessert bites are a great way to provide portion control—so take advantage of the convenience and familiar flavors of **DOLE Chef-Ready Cuts**. Serve up unexpected Strawberry Tiramisu Bites with coffee-soaked ladyfingers and strawberry-infused mascarpone cream in puff pastry.
- **GLAZES AND RIPPLES.** **DOLE Chef-Ready Frozen Fruit Purées** are some of the most versatile, customizable products we have to offer. Glaze a cheesecake or add ripples/flavor to ice cream with ease. And with no high fructose corn syrup, they add fruit-forward sweetness to any dessert.

Chef James
“THE MOST INTERESTING MAN IN FOODSERVICE”

Ahhh **28%** OF OPERATORS SAY SALES OF **FRUIT-CENTERED DESSERTS** HAVE INCREASED OVER THE PAST YEAR.⁷

ON TREND, ON THE MENU

Fruit can take on many forms that add an elegant and healthful touch of flavor to desserts—whether puréed, caramelized, baked or served on its own. Here are some ways we’re seeing mindful indulgence play out across foodservice channels.



EMERGING ICE CREAM CHAIN
SWEET CREAM BISCUITS & PEACH JAM ICE CREAM: buttermilk ice cream, crumbled salty sweet cream biscuits and swirls of peach jam



INDIAN-LATIN FUSION FINE DINING
CARAMELIZED BANANA PARATHA: with coconut crumble, mango mint cubes and cardamom ice cream



NATIONAL RAMEN/ASIAN CHAIN
BLOCK POPS: green tea pistachio and triple berry white chocolate

SOURCES:
^{1,7} Datassential, “Plant-Based Eating Keynote,” March 2018.
^{2,4} Datassential, U.S. menu penetration, 2018.
³ Bret Thorn, Tara Fitzpatrick and Ron Ruggless, “6 food trend predictions for 2019,” Nation’s Restaurant News, December 11, 2018.

⁵ Nielsen-Massey Vanillas, “What Flavor Trends are In—and Out—in 2019,” Food Newsfeed, December 2, 2018.
⁶ Mintel, “Global Food & Drink Trends,” 2018.
⁸ Datassential MenuTrends, U.S. menu penetration growth 2014-2018.