

Chill Out With a Smoothie!

With our large selection of frozen fruits, you can blend up a new smoothie every day! Here are some fun recipes to try, now that the temperatures are starting to rise.



Enjoy fresh, juicy frozen fruit from Alison's Pantry any time of the year!

BLUEBERRY SMOOTHIE

1/2 cup DOLE frozen blueberries (#2030), unthawed
1/2 cup low-fat vanilla yogurt
1/2 cup 1% skim or 1% milk
2 tablespoons honey or 1 Tbsp Xagave (#5014)
2-3 ice cubes (optional)

Combine all ingredients in a blender and blend until smooth or to desired.

PEACHY KEEN SMOOTHIE

2 cups of DOLE frozen sliced peaches (#2033)
1/2 cup of fat free milk (or 1/4 fat free milk and 1/4 soy milk)
1 cup lowfat peach yogurt
2 cups of ice
Dash of nutmeg (#1010)

Blend all ingredients in blender until smooth.

RASPBERRY STRAWBERRY SMOOTHIE

1 cup of DOLE frozen strawberries (#2028)
1 cup of DOLE frozen raspberries (#2031)
1/2 cup of pineapple [juice](#)
1 cup of low-fat natural yogurt

Blend all ingredients in blender until smooth.