



## DOLE Frozen Fruit



If you've resolved to eat better in 2010, you'll love how Dole makes it easy to enjoy premium produce any time of the year!

Alison's Pantry carries a large selection of Dole frozen fruits including sweet pineapple chunks (#3069), beautiful blueberries (#2030) and super-size blackberries (#2029) that are perfect for healthy smoothies. Our juicy sliced peaches (#2033) are ideal for homemade cobblers, or to dice up on yogurt or cottage cheese for a low-fat treat. Try chopping the red tart cherries (#2037) and adding them to bran muffins or oatmeal.

Dole frozen fruits are top-quality products, available through Alison's Pantry in convenient 5 lb. packaging. Add some to your order this month!



*Try this wholesome and delicious way to wrap up breakfast with Dole fruits:*

### WHOLE WHEAT CREPES

In blender, place:

- 1 c. wheat pastry flour (you can use flour from hard white wheat as well, the crepes will just be a little heavier)
- 1/4 c. powdered sugar
- 1/2 tsp. salt
- 1 c. milk
- 2 eggs

Blend until smooth, adding a little more milk if needed to thin. The batter will be very thin. Pour batter in small amounts into a greased frying pan, swirling pan to make batter into a circle. Fry crepes on both sides until light golden brown. (It's a good idea to grease the pan before frying each crepe.) Then fill with your favorite Dole fruits (unthawed) and whipped cream.

