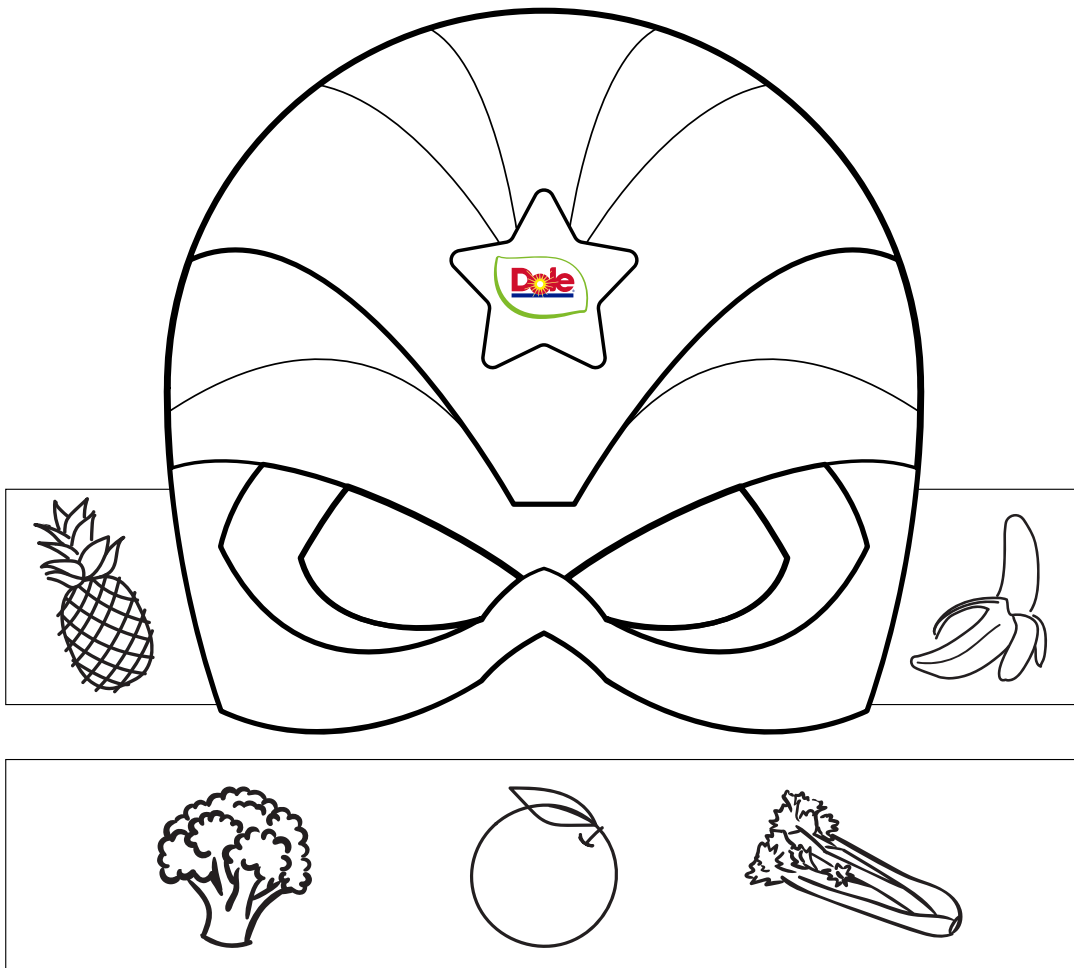




CREATE YOUR OWN HERO: DOLE HEALTHY HERO MASK

With great fresh fruit and veggies comes great nutrition! Join our Dole Healthy Hero squad by creating your very own Dole Healthy Hero Mask. Just *print, color, cut and fit* to be ready to share your super powers within the kitchen and beyond!

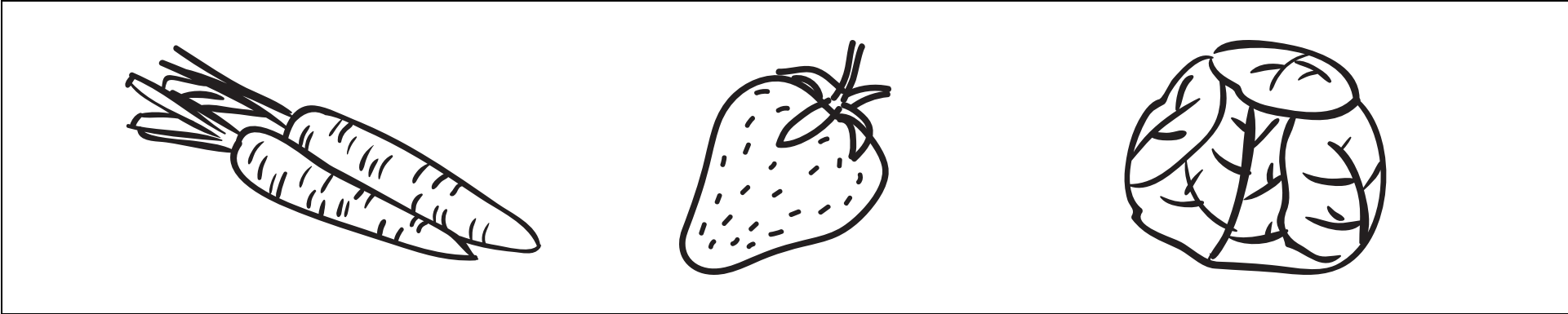
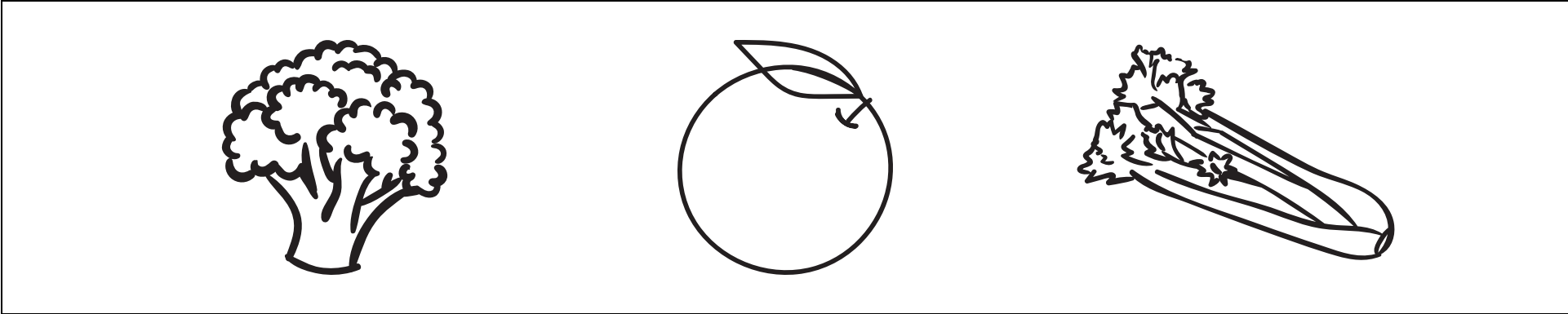
- 1 Print out the Dole Healthy Hero Mask
- 2 Color and decorate as desired
- 3 Cut out the Dole Healthy Hero Mask and sizing strap
- 4 Tape or staple the sizing strap to the hero mask and fit to your child's head
- 5 If needed, add the provided extra sizing strap for fitting



DOLE HEALTHY HERO MASK



DOLE HEALTHY HERO MASK SIZING STRAPS





RECIPE INSPIRATION FROM DOLE

Black Widow Chocolate Bites

INGREDIENTS:

- 1 tablespoon finely chopped roasted salted almonds
- 1 tablespoon finely chopped roasted salted pistachios
- 1/2 teaspoon toasted sesame seeds
- 1/4 cup gluten free dark chocolate chips
- 1 teaspoon avocado oil
- 2 DOLE® Bananas, peeled and sliced 1/2-inch-thick crosswise

DIRECTIONS:

1. **Line** a rimmed baking pan with parchment paper. Stir almonds, pistachios and sesame seeds in a small bowl.
2. **Heat** chocolate chips in a small microwave-safe bowl in microwave oven on high 1 minute or until melted, stirring every 20 seconds; stir in oil. Dip bottom half of each banana slice in chocolate mixture, allowing excess to drip off; place on prepared pan and immediately sprinkle with almond mixture. Refrigerate bites 10 minutes or until hardened. Makes 24 bites.

Allergens: Tree Nuts

