



Disney · PIXAR
SOUL



Right Note Smoothie

Total Time (minutes) 15

Difficulty 1

Servings..... 4

Ingredients 8

Total Prep Time 15 min.

Calories Per Serving 124

Ingredients

- 2 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen
- 1½ cups unsweetened almond milk
- 1 cup chopped DOLE® Pineapple, frozen
- 1/2 cup DOLE® Baby Spinach
- 1/2 cup DOLE® Blueberries, frozen
- 1/3 cup DOLE® Blackberries plus additional for garnish (optional)
- 1/4 cup old-fashioned rolled oats
- Fresh mint leaves for garnish (optional)

Directions

PURÉE all ingredients in a blender on high until smooth; serve garnished with blueberries and mint, if desired. Makes about 5 cups.

Chef Tip: Peel and freeze ripe bananas to have on hand for using in this recipe as well as other smoothies and baking.

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