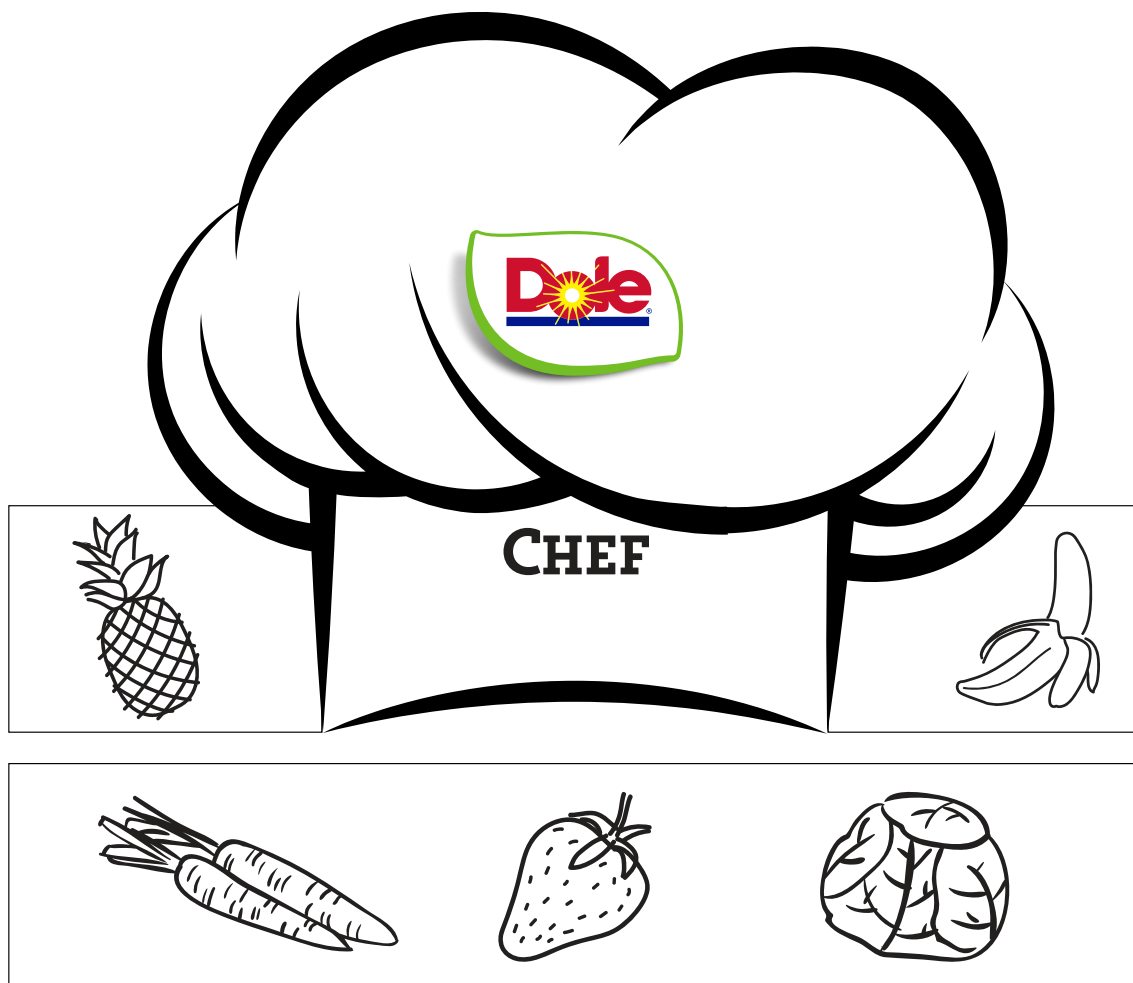




# CREATE YOUR OWN RESTAURANT: PRINTABLE DOLE CHEF'S HAT

No chef is complete without their toque blanche, that's French for white hat! Your kiddo will look and feel like a pro in their own kitchen with this printable Dole Chef's Hat. **Print. Color. Cut. Voila!**

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



@Dole



@DolePics



@DoleTweets



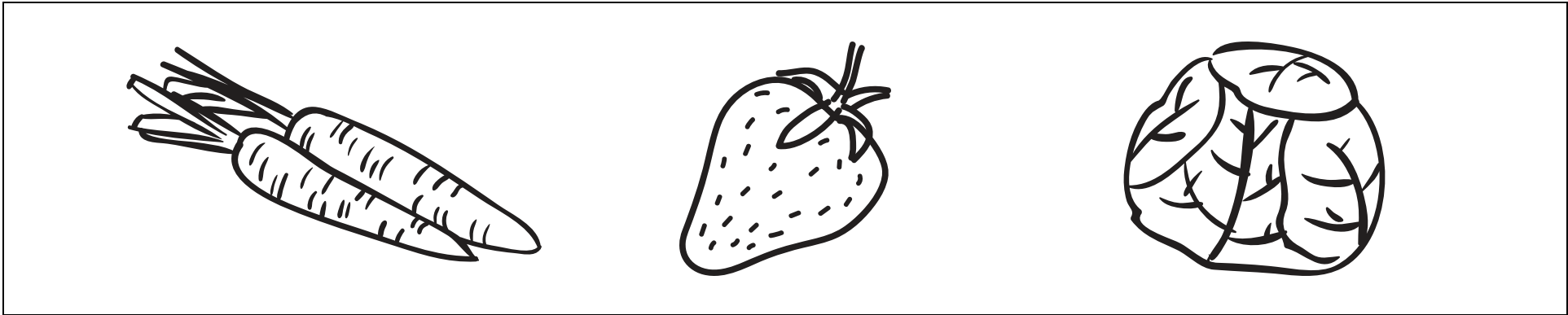
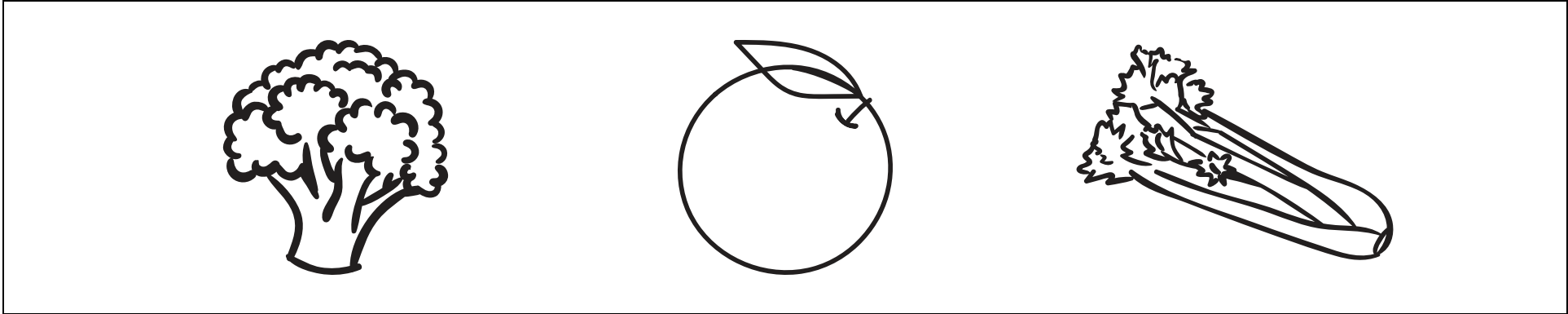
@DolePins

# DOLE CHEF'S HAT



Write your name in the space on the Dole Chef's Hat!

# DOLE CHEF'S HAT SIZING STRAPS





# RECIPE INSPIRATION FROM DOLE

## Oui Oui Wafer Banana Macarons

### INGREDIENTS:

- 1/2 (8-ounce) package plain vegan cream cheese
- 1 small ripe DOLE® Banana, peeled and mashed (about 1/3 cup)
- 3 tablespoons powdered sugar
- 1/2 kiwi, peeled and finely chopped
- 16 drained mandarin oranges in mandarin orange juice, halved crosswise
- 64 vanilla wafer cookies

### DIRECTIONS:

1. **Purée** cheese, banana and sugar in a food processor on high 30 seconds or until smooth; transfer to medium bowl and stir in kiwi. Cover and refrigerate at least 4 hours or up to overnight. Makes about 1 cup.
2. **Transfer** cheese mixture to small zip-top plastic bag; snip bottom corner with kitchen scissors. Pipe 1½ teaspoons cheese mixture in center of 32 wafer cookies; place 1 orange slice in center of cheese mixture and top with remaining wafer cookies. Serve macarons immediately. Makes 32 macarons.





# RECIPE INSPIRATION FROM DOLE

## Sweet Apple-touille Ramekins

### INGREDIENTS:

- 1 DOLE® Banana, peeled
- 1/4 cup plain nonfat Greek yogurt
- 1½ tablespoons coconut sugar
- 1 teaspoon rum extract
- 1/2 teaspoon gluten free ground cinnamon
- Gluten-free nonstick cooking spray
- 2 DOLE® Green and/or Red Apples, halved, cored and sliced 1/8-inch thick crosswise (about 80 slices)
- 1 large Bosc pear, halved, cored and sliced 1/8-inch thick crosswise (about 40 slices)

### DIRECTIONS:

1. **Preheat** oven to 350°F; spray 6 (8-ounce) ramekins with nonstick cooking spray.
2. **Purée** banana, yogurt, ½ tablespoon sugar, rum extract and ¼ teaspoon cinnamon in a food processor on high 1 minute or until smooth; divide into ramekins. Makes about 1 cup.
3. **Alternately layer** apple and pear slices in ramekins; sprinkle with remaining 1 tablespoon sugar and ¼ teaspoon cinnamon.
4. **Bake** ramekins 30 minutes or until fruit is tender. Makes 6 ramekins.

