



# STICKER AND COLORING BOOK

MOANA, MAUI, HEIHEI, AND PUA  
CAN YOU COLLECT THEM ALL?

Track down your favorite  
Disney's Moana Character stickers on  
this delicious sticker scavenger hunt!



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# INSTRUCTIONS

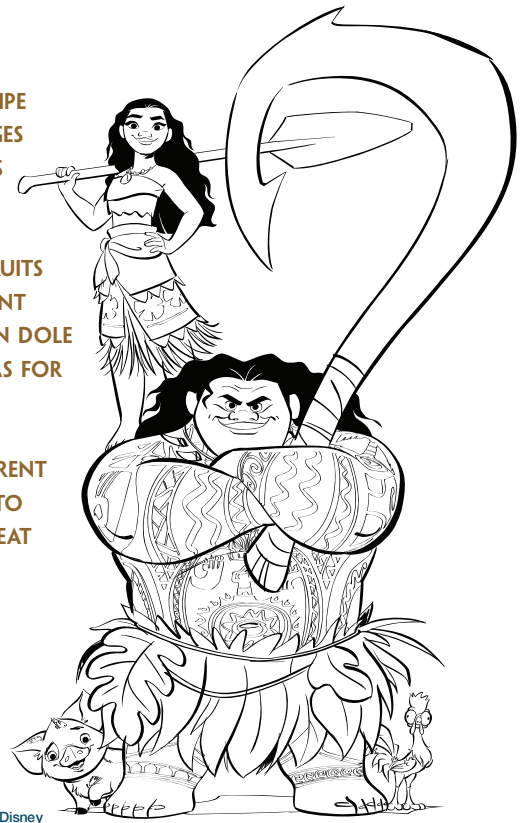


PLACE  
STICKER  
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1. TO START, PRINT OUT THIS STICKER RECIPE BOOKLET AND CAREFULLY CUT THE PAGES ALONG THE DOTTED LINE. STAPLE PAGES TOGETHER ALONG THE SPINE.
2. EACH TIME YOU SHOP FOR HEALTHY FRUITS AND VEGETABLES, COLLECT THE DIFFERENT MOANA STICKERS THAT YOU'LL FIND ON DOLE BANANAS. (HINT: YOU'LL NEED BANANAS FOR EACH OF THESE TROPICAL RECIPES!)
3. SEE IF YOU CAN FIND ALL OF THE DIFFERENT CHARACTER STICKERS AND ADD THEM TO THE BOOK WHEN YOU BRING EACH GREAT ISLAND-INSPIRED RECIPE TO LIFE!



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# DIY DOLE WHIP™



MOANA



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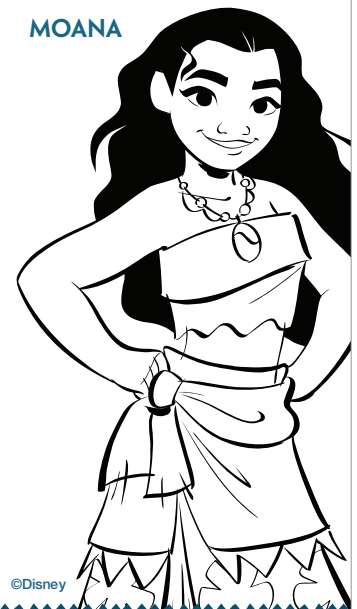
**PREP TIME: 10 MIN.**  
**MAKES: 2 SERVINGS**

## INGREDIENTS

- 1 CUP PINEAPPLE JUICE, FROZEN IN AN ICE CUBE TRAY
- 1 DOLE® BANANA, PEELED AND FROZEN
- 2-1/2 TSP POWDERED SUGAR
- 1/4 TO 1/2 CUP UNSWEETENED COCONUT MILK BEVERAGE

## DIRECTIONS

- COMBINE PINEAPPLE JUICE, BANANA, AND POWDERED SUGAR IN A BLENDER
- COVER; BLEND UNTIL SMOOTH, GRADUALLY ADDING COCONUT MILK AND SCRAPING DOWN SIDES IF NECESSARY
- SERVE IMMEDIATELY



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# BLAZIN' FRUIT SALAD



PREP TIME: 23 MIN.  
MAKES: 4 SERVINGS

## INGREDIENTS

- 2 APRICOTS, PITTED AND QUARTERED
- 1/2 FRESH DOLE® PINEAPPLE, IN 1 INCH CHUNKS
- 2 DOLE® BANANAS, SLICED INTO 2 INCH SLICES
- 3 TBSP LEMON JUICE/JUICE OF ONE LEMON
- 1/2 CUP LOW-FAT PLAIN GREEK YOGURT
- 2 TSP HONEY
- 1 TBSP FRESH BASIL, MINCED
- 1 TBSP FRESH MINT, MINCED

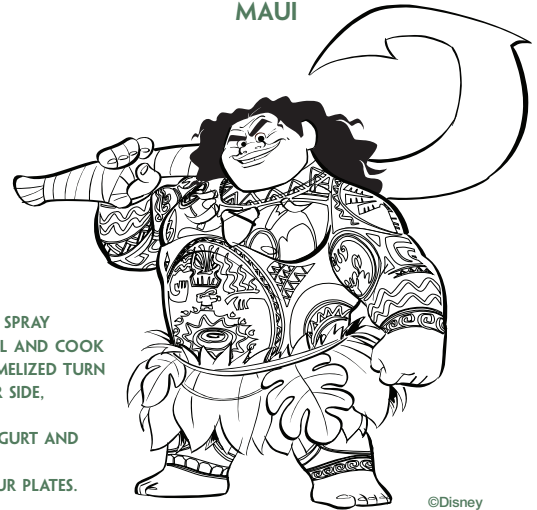
## DIRECTIONS

- HEAT GRILL TO HIGH HEAT
- REDUCE HEAT TO MEDIUM AND SPRAY WITH COOKING SPRAY
- ADD APRICOTS, PINEAPPLE AND BANANAS TO THE GRILL AND COOK FOR 3 TO 4 MINUTES, OR UNTIL THE FRUIT HAS CARAMELIZED TURN EACH PIECE OF FRUIT OVER TO BROWN ON THE OTHER SIDE, ABOUT 3 TO 4 MINUTES
- MEANWHILE, COMBINE LEMON JUICE, LEMON ZEST, YOGURT AND HONEY IN A SMALL BOWL. STIR UNTIL BLENDED
- REMOVE PINEAPPLE FROM GRILL AND PLACE ONTO FOUR PLATES.
- TOP PINEAPPLE WITH REMAINING FRUIT
- DRIZZLE YOGURT DRESSING OVER FRUIT AND SPRINKLE HERBS ON TOP



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# NUTTY BANANA BERRY ROLL-UP



PREP TIME: 15 MIN.  
MAKES: 4 SERVINGS

## INGREDIENTS

- 1/3 CUP UNSALTED ALMOND BUTTER
- 2 TSP MAPLE SYRUP
- 1/8 TSP GROUND CINNAMON
- 4 WHOLE-WHEAT TORTILLAS
- 1/2 CUP DOLE® RASPBERRIES
- 4 MEDIUM DOLE® BANANAS

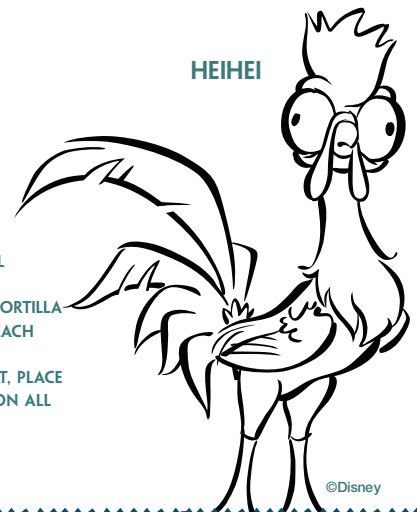
## DIRECTIONS

- MIX TOGETHER ALMOND BUTTER, MAPLE SYRUP AND CINNAMON UNTIL BLENDED, IN SMALL BOWL
- SPREAD EQUAL AMOUNTS OF ALMOND BUTTER MIXTURE OVER EACH TORTILLA
- SPRINKLE BERRIES OVER ALMOND BUTTER MIXTURE. SLIGHTLY FLATTEN EACH BANANA WITH A SPATULA AND PLACE OVER THE BERRIES AND ROLL UP
- LIGHTLY SPRAY SKILLET WITH COOKING SPRAY OVER MEDIUM-HIGH HEAT, PLACE WRAPPED TORTILLAS IN SKILLET AND COOK UNTIL LIGHTLY BROWNED ON ALL SIDES.
- REMOVE AND CUT INTO BITE-SIZED PIECES



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# STICKY RICE WITH BANANAS AND MANGOS



PREP TIME: 9 HRS.  
MAKES: 4 SERVINGS

## INGREDIENTS

- 1/2 CUP SHORT GRAIN BROWN RICE
- 2 MEDIUM DOLE® BANANAS
- 7 OZ LIGHT COCONUT MILK
- 1/4 TSP GROUND NUTMEG
- 1 TSP SALT
- 1 MANGO, CUBED
- 1 CUP RASPBERRIES
- 4 TBSP PEANUTS (OPTIONAL)

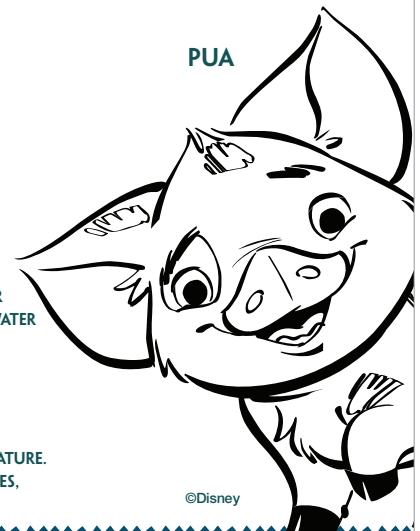
## DIRECTIONS

- PLACE RICE IN MEDIUM BOWL. POUR IN ENOUGH COLD WATER TO COVER 1-INCH OVER RICE. COVER AND REFRIGERATE SEVERAL HOURS OR OVERNIGHT. DRAIN RICE. RINSE AND DRAIN RICE SEVERAL TIMES WITH WATER
- COMBINE DRAINED RICE AND 1-3/4 CUPS WATER IN MEDIUM SAUCEPAN. BRING TO BOIL; STIR RICE OCCASIONALLY. COVER; REDUCE HEAT AND COOK 10 MINUTES MORE OR UNTIL LIQUID IS ABSORBED
- MASH 1 BANANA IN LARGE BOWL. ADD COCONUT MILK, NUTMEG AND SALT, IF DESIRED; STIR IN WARM RICE; LET STAND 10 MINUTES
- SPOON INTO SERVING BOWLS AND SERVE WARM OR AT ROOM TEMPERATURE. SLICE REMAINING BANANA. ARRANGE BANANA, MANGO AND RASPBERRIES, IF DESIRED, ON TOP. SPRINKLE WITH PEANUTS, IF DESIRED



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