Prep Time	5 minutes
Blend Time	2–3 minutes
Total Time	Approximately 10 minutes
Yield	2 servings
Intensity	Easy (Simple blending, but use a high-powered blender for the smoothest texture)
Equipment	High-speed blender or food processor, spatula, serving bowls or piping bag

---

Table of Contents

- □ Ingredients
- □ Instructions
  - Step 1: Prep the Fruit (2 minutes | Easy)
  - Step 2: Combine Ingredients (1 minute | Easy)
  - Step 3: Blend Until Smooth (2–3 minutes | Medium Intensity)
  - Step 4: Serve Immediately (1 minute | Easy)
- □ Serving & Storage
- □ Nutrition Information (Estimated)

□ Ingredients

- 1 cup ripe pineapple, chopped and frozen
- 1 ripe banana, peeled and frozen
- 2½ teaspoons powdered sugar

- ½ cup unsweetened coconut milk
- 1 teaspoon lime juice
- Fresh pineapple wedges, for garnish (optional)

Instructions

Step 1: Prep the Fruit (2 minutes | Easy)

Ensure your pineapple and banana are fully frozen before beginning. For best results, freeze the chopped pineapple in an airtight container the night before. If you're short on time, frozen pineapple chunks from the store work perfectly fine.

Step 2: Combine Ingredients (1 minute | Easy)

Add the frozen pineapple, frozen banana, powdered sugar, coconut milk, and lime juice to the pitcher of a high-speed blender or bowl of a food processor.

Step 3: Blend Until Smooth (2–3 minutes | Medium Intensity)

Secure the lid and blend on high speed. Stop every 30–45 seconds to scrape down the sides with a spatula, pushing the frozen fruit toward the blades. Continue blending until the mixture is completely smooth, creamy, and light—this should take about 2–3 minutes total. If your blender struggles, add an extra splash of coconut milk (1 tablespoon at a time) to get things moving, but be careful not to add too much liquid or the texture will become runny rather than thick and soft-serve-like.

Step 4: Serve Immediately (1 minute | Easy)

Scoop the Dole Whip into serving bowls or glasses. For that classic swirl look, transfer the mixture to a piping bag fitted with a large star tip and pipe it into bowls. Garnish with a fresh pineapple wedge or a lime slice if desired. Serve right away—the texture is best when freshly blended.

Serving & Storage

- Serve: Enjoy immediately as a refreshing dessert or snack. It’s also lovely as a float topped with coconut water or a splash of rum for an adult version.

- Storage: Leftovers can be stored in an airtight container in the freezer for up to 2 weeks. Before serving, let it thaw on the counter for 5–10 minutes until it’s scoopable again. Re-blend briefly if needed to restore creaminess.

Nutrition Information (Estimated)

Note: Nutritional values are estimates per serving (½ of the recipe) and will vary based on the exact size of the fruit and the specific coconut milk brand used. Values are based on Dole’s official recipe.

Nutrient	Amount per Serving (½ recipe, ~207g)
Calories	~120 kcal
Total Fat	1.5 g

Nutrient	Amount per Serving (½ recipe, ~207g)
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	~5 mg
Total Carbohydrates	28 g
Dietary Fiber	3 g
Total Sugars	18 g
Protein	1 g
Vitamin C	50% DV
Potassium	320 mg