



Don't Be Scared of Fruits and Vegetables

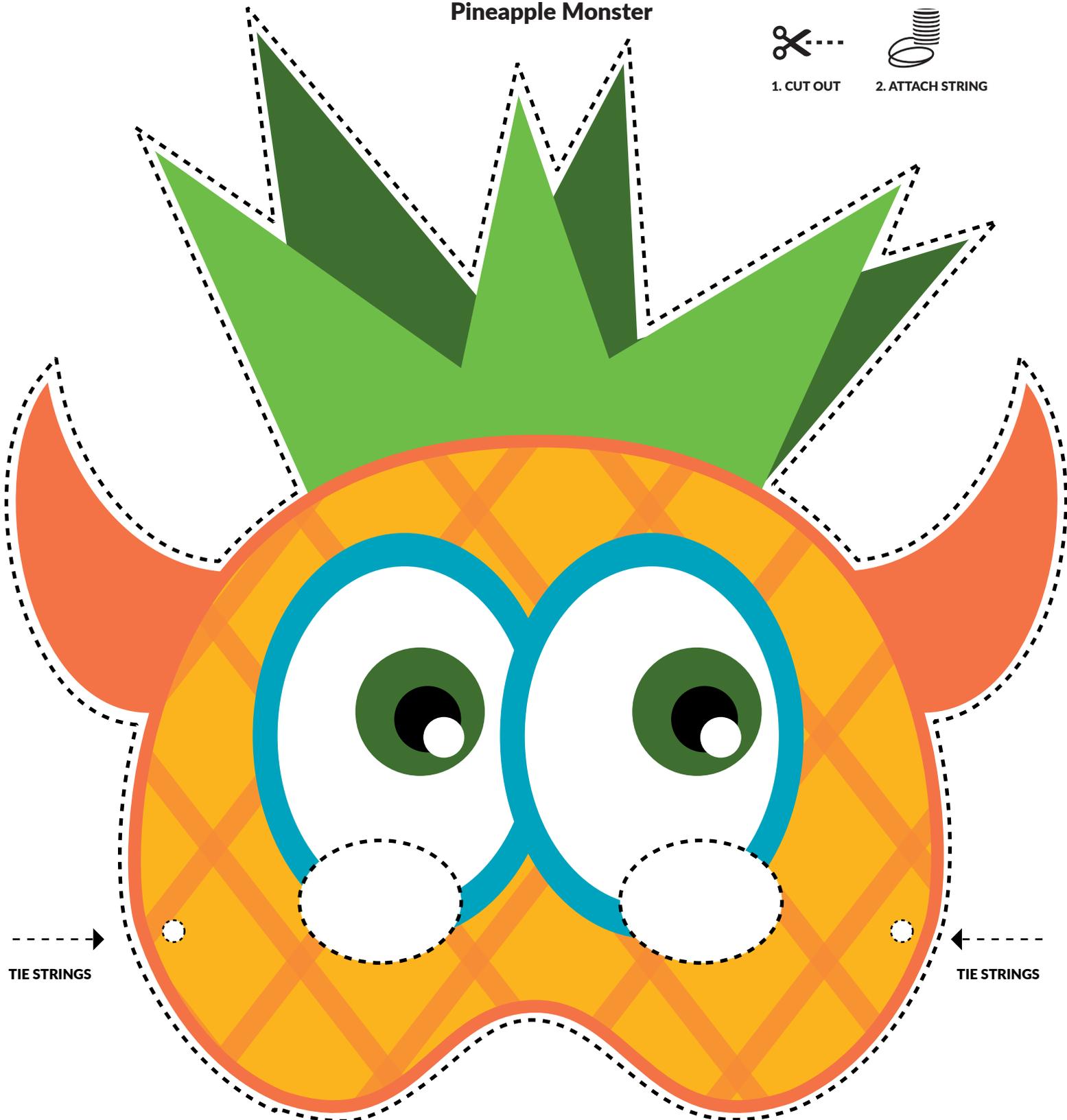
To help kids face their fruits and veggies we've created some helpful masks. Cut out the mask then attach a string to wear. Just like eating delicious Dole fruits and vegetables, it's that easy!

Pineapple Monster



1. CUT OUT

2. ATTACH STRING



▶ **DID YOU KNOW?** Pineapples are an excellent source of Vitamin C, which supports a healthy immune system.



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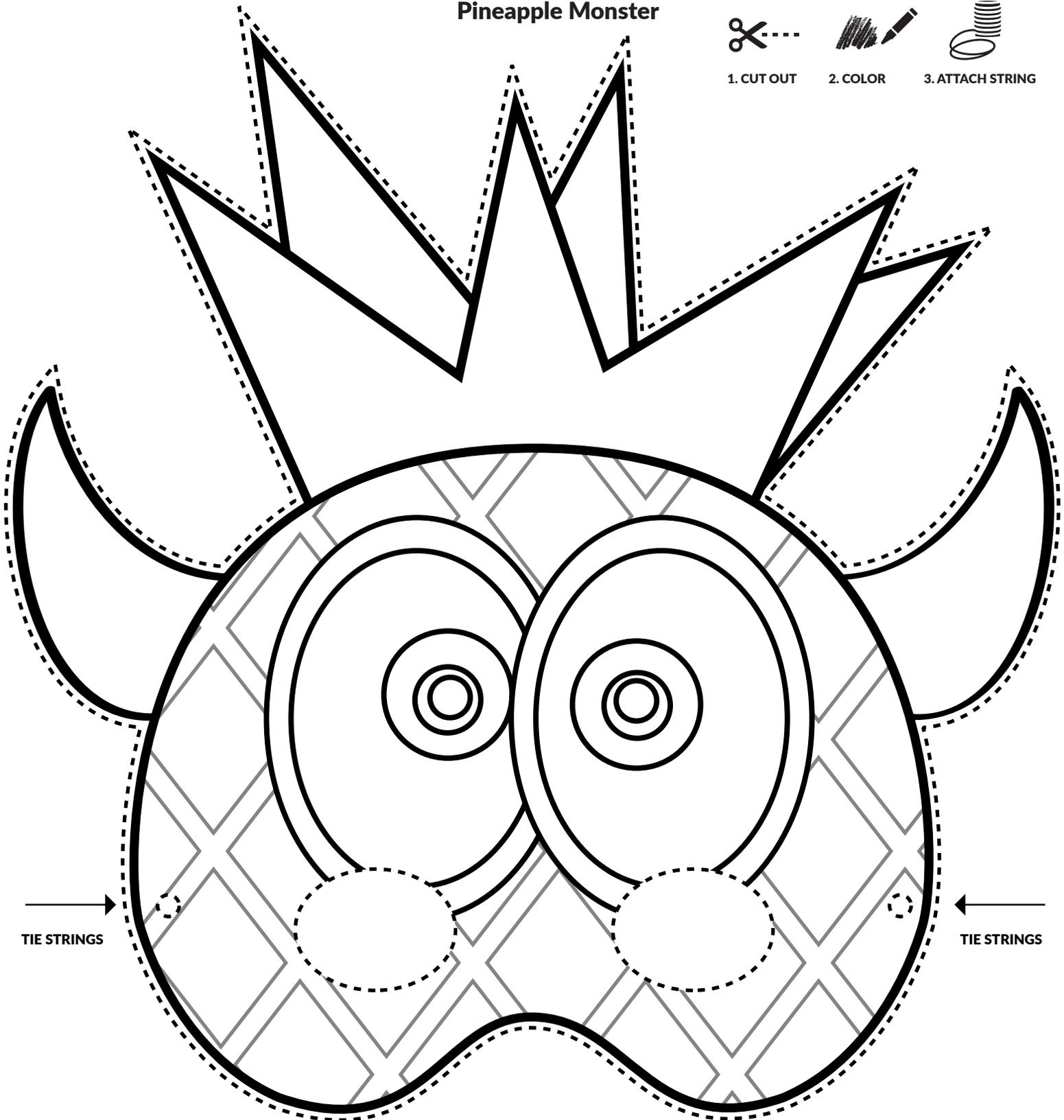
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TIE STRINGS

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MONSTERS IN THE KITCHEN

Bring the magic of Monsters, Inc. to life in your kitchen with delicious recipes from Dole. Get started with these Mike Wazowski Fruit Stack that will frighten and delight. For more delicious recipe inspiration, head to Dole.com.



MIKE WAZOWSKI FRUIT STACK

Servings: 4

Prep Time: 15 MIN

Total Time: 15 MIN

INGREDIENTS:

- 2 DOLE® kiwis, peeled and cut in half lengthwise
- 1/2 DOLE® kiwi, peeled
- 4 DOLE® oval pineapple slices, about 3 inches in diameter, cut out with an oval cookie cutter
- 4 large oval slices green melon/honey dew melon, about 4 inches in diameter
- 1 peeled 1-inch slice dragon fruit
- 16 almond slivers
- 1 horned melon
- 4 dried unsweetened blueberries



Recipe inspired by Disney and Pixar Monsters Inc.

DIRECTIONS:

1. Place kiwi ovals upside down on top of each oval pineapple slice to resemble Mike's head. Place each pineapple sliced on a melon oval on a plate.
2. Scoop out 4 balls from dragon fruit slice with 1/4 tsp for Mike's bulging eyeball (snack on scraps). Place each dragon fruit eyeball on top third of kiwi. Add a dried blueberry to form the pupil.
3. With a sharp paring knife, trim half kiwi into Mike's dangly legs and arms and add to sides and bottom of kiwi, draped over the pineapple. Add two almond slivers to top of each kiwi to form the smiling mouth and two more almond slivers protruding out of the top of Mike's head to his horns.
4. Scoop out horned melon and drizzle around Mike directly onto the plate.

TIP: Assemble the fruit stack on a white plate so that the colors of the fruit pop.