



## GREEN SLIMESICLES

Total Time (minutes)  
15

Difficulty  
1

Servings  
4

Ingredients  
5

Total Prep Time: 15 minutes

Calories Per Serving: 45

## NUTRIENTS

### Tips

1. For a refreshing twist, add a few mint leaves before pureeing.
2. If you don't have a popsicle mold, pour into 2 standard ice cube trays. Insert wooden popsicle sticks after an hour or so of freezing.

## INGREDIENTS

Recipe inspired by Disney and Pixar Monsters, Inc.

- 2 cups packed DOLE® spinach (approx. ½ package)
- 1 ½ DOLE® bananas
- 1 cup chopped DOLE® pineapple
- ½ cup water
- ½ tsp vanilla extract

## DIRECTIONS

- 1 PUREE spinach, banana, pineapple, water and vanilla in blender until smooth.
- 2 POUR into 6 (1/3 cup) ice pop molds. Freeze for 4 to 6 hours or until firm.

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