



SULLEY BANANA DIP

Total Time (mins)
20

Difficulty
1

Servings
6

Ingredients
10

Total Prep Time: 20 minutes

Calories Per Serving: 140

NUTRIENTS

Note: Natural food coloring to achieve color.

Tip: Substitute maple syrup with honey.

Contains peanuts

INGREDIENTS

Recipe inspired by Disney and Pixar Monsters, Inc.

- 1 DOLE® banana
- 6 Tbsp all-natural peanut butter
- 1 tsp maple syrup
- 1/2 tsp vanilla extract
- 1/8 tsp natural teal gel food coloring
- 1 Tbsp dried unsweetened blueberries
- 1 Tbsp dried unsweetened cherries
- 1 DOLE® green apple, cored and cut into wedges
- 1/2 cup each DOLE® red and green grapes
- Optional: 1/8 tsp salt

DIRECTIONS

- 1 PUREE banana, peanut butter, maple syrup, vanilla, and teal food coloring in blender until blended – dip will be a bright teal color. Stir in dried blueberries and cherries.
- 2 SERVE dip with apple wedges and grapes.

[VIEW & LEAVE COMMENTS](#)

HAVE YOUR PREFERENCES CHANGED? [UPDATE YOUR YOU+ DOLE FILTERS >>](#)

© 2020 Dole Food Company Inc | [Accessibility Statement](#) | [Privacy Policy](#) | [Terms & Conditions](#) | [#DIYDoleWhip Contest Rules](#)