

# GET UP AND GROW!

for a happier world



## Dole Tonic

Prep: 10 min.

Makes: 4 (8-oz.) servings

- 2 cups diced DOLE® Tropical Gold® Pineapple
- 3 DOLE® Celery Stalks
- 1 DOLE® Apple, quartered
- 1 small fennel bulb
- 3/4 cup DOLE® Raspberries
- 1/2 cup DOLE® Power Up Greens™ Baby Kale
- 1/2 cup flat leaf parsley
- 1 lime, peeled
- 1-inch piece fresh ginger or 1/4 teaspoon ground ginger

**Press** pineapple through juicer. Continue adding celery, apple, fennel, raspberries, salad blend, parsley, lime and ginger. Serve.

**Note:** Can use blender or food processor in place of juicer; add 1 cup water before blending fruits and vegetables.



## Nutrition Facts

Serving Size (581g)  
Servings Per Container

Amount Per Serving

**Calories** 230      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 150mg      **6%**

**Total Carbohydrate** 61g      **20%**

Dietary Fiber 15g      **60%**

Sugars 33g

**Protein** 5g

Vitamin A 45%      • Vitamin C 230%

Calcium 15%      • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4