

Plate Dream

Dole Whip Refresher Recipe – Fresh & Easy

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 2 cups fresh pineapple chunks
- [ ] 1 cup full-fat coconut milk
- [ ] 2 tbsp fresh lime juice
- [ ] 1-2 tbsp honey (optional)
- [ ] 2 cups ice

Garnish

- [ ] Fresh mint leaves
- [ ] Drizzle of caramel sauce (optional)

Instructions

1. Place pineapple, coconut milk, lime juice, and honey into a blender; blend until completely smooth.
2. Add ice in batches, pulsing until a soft-serve texture forms; stop before it turns icy.
3. Taste and adjust lime or honey if needed; blend briefly to incorporate.
4. Pour into glasses, garnish with mint leaves and a light drizzle of caramel if desired.
5. Serve immediately, enjoying the cool, tropical flavors while they’re at their brightest.

Nutrition per serving

180 kcal	2 g	28 g	6 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - For an extra tropical hint, add a splash of pineapple juice before blending.
> - A quick drizzle of caramel ribbon adds an indulgent sweet note without overpowering the fruit.
> - If the mixture is too thick, thin with a tablespoon of coconut water.