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## **Dole strikes the right note with new blue(sy) smoothie**

December 16, 2020

Dole Food Co. is providing a little healthy, bluesy inspiration to Joe Gardner and others trying to reclaim their passions as part of the fresh produce leader's year-long collaboration with Pixar Animation Studios.



Inspired by the main character in Disney

and Pixar's *Soul*, which premieres on Disney+ on Dec. 25, Dole has released its "Right Note Smoothie" featuring a jazzy blend of DOLE blueberries, blackberries, bananas, pineapple, spinach, almond milk and old-fashioned rolled oats. Dole created the bluish-purple-hued drink to be low-fat, low-sodium, vegetarian, vegan and gluten-free to give it the same all-audience appeal as the widely anticipated film itself.

This week's recipe release will be followed by a larger 2021 Dole healthy-living initiative themed to Disney and Pixar's *Soul*. Details will be announced in the coming weeks.

Earlier this year, Dole launched multifaceted health and wellness programs inspired by the Disney and Pixar films *Monsters, Inc.* and *Ratatouille*, the latter of which continues at [www.dole.com/Disney](http://www.dole.com/Disney) through January 2021 with original recipes, digital downloads, blogger partnerships and other interactive activities that encourage families to cook together.

To download a Right Note Smoothie recipe card, [CLICK HERE](#). For hundreds of other original recipes, nutritional insights and useful information, go to [www.dole.com](http://www.dole.com) or follow Dole's Facebook, Instagram, Twitter and Pinterest pages.

### **Right Note Smoothie**

An Original Dole Recipe Inspired by Disney and Pixar's *Soul*

Classification: Low-Fat, Low-Sodium, Vegetarian, Vegan and Gluten-Free

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Prep: 15 minutes plus freezing

Serves: 4

Recipe Page on Dole.com: <https://www.dole.com/en/recipes/r/Right-Note-Smoothie>

[Download recipe card here](#)

## Ingredients

2 ripe DOLE® Bananas, peeled, cut crosswise into thirds and frozen

1 1/2 cups unsweetened almond milk

1 cup chopped DOLE® Pineapple, frozen

1/2 cup DOLE® Baby Spinach

1/2 cup DOLE® Blueberries, frozen

1/3 cup DOLE® Blackberries plus additional for garnish (optional)

1/4 cup old-fashioned rolled oats

Fresh mint leaves for garnish (optional)

## Directions

Purée all ingredients in a blender on high until smooth; serve garnished with blueberries and mint, if desired. Makes about 5 cups.

Approximate Nutritional Values per Serving (1 1/4 cups)

124 Calories, 16 Calories from Fat, 2g Fat (2%) (0g Saturated/0%), 0g Trans Fat, 0g Polyunsaturated Fat, 1g Monounsaturated Fat, 0mg Cholesterol (0%), 76mg Sodium (3%), 374mg Potassium (8%), 27g Carbohydrates (10%), 4g Fiber (14%), 14g Sugars, 3g Protein (5%), Vitamin A 8%, Vitamin C 35%, Calcium 15%, Iron 6%, Vitamin E 20%, Thiamin 10%, Vitamin B6 15%, Phosphorus 4%, Magnesium 10%, Manganese 35%

## Chef Tip

Peel and freeze ripe bananas to use for this and other smoothie recipes and for baking.

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