



PRINTABLE BANANA STICKER PEEL & PLAY HERO BOOK

Get ready to unleash your inner healthy hero by collecting our new, DOLE® Marvel Hero stickers and creating your very own Banana Sticker Peel & Play Hero Book with Marvel Hero stickers found only on DOLE bananas! Adventure awaits around every page! Discover new ways to explore healthy living through DOLE and Marvel Hero inspired recipes, and bring the action of these exciting films straight to your kitchen table. Set forth on a new mission as you peel and collect all 20 new Marvel Hero DOLE Banana stickers!

Be sure to share your Peel & Play Comic Book progress with us on social media using #DolePeelNPlay



INSTRUCTIONS:

- 1 Print out your sticker book pages
- 2 Cut out the cover page, back cover, and peel & play pages separately
- 3 Place your pages in any order you'd like behind the cover page, followed by the back cover
- 4 Staple or hole punch and tie together your Banana Sticker Peel & Play Hero Book
- 5 Personalize by coloring in the heroes, and filling each page with Dole banana stickers in the spaces provided





BANANA STICKER PEEL & PLAY

HERO BOOK



MARVEL

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HEALTHY HEROES



HERO NAME:

FAVORITE FRUIT:

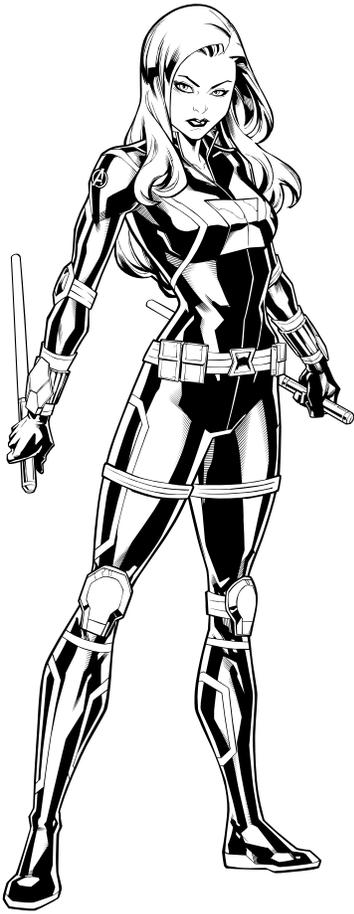
FAVORITE VEGGIE:

FAVORITE HEALTHY HABIT:

SUPER POWERS:

**DRAW YOUR HEALTHY HERO AND
COMPLETE THEIR TRADING CARD!**

CHAPTER 1: HEALTHY HEROES, UNITE!



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COLLECT US ALL!



Check out our hero-inspired Black Widow Chocolate Bites on Dole.com!



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CHAPTER 2: HEROES OF THE MIND



Check out our hero-inspired Spidey Spicy Tacos on Dole.com!

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CHAPTER 3: HEROES OF THE SOUL



Check out our hero-inspired Green Smash Smoothie on Dole.com!

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CHAPTER 4: HEROES OF THE HEART



Check out our hero-inspired Vibranium Vegan Stew on Dole.com!



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RECIPE INSPIRATION FROM DOLE

Green Smash Smoothie

INGREDIENTS:

- 1 DOLE® Green Apple, cored & chopped
- 1 ripe DOLE® Banana, peeled, cut crosswise into thirds & frozen
- 1/2 ripe DOLE® Avocado, peeled & pitted
- 1½ cups 100% coconut water
- 1 cup chopped DOLE® Pineapple, frozen plus additional wedges for garnish (optional)
- 1/2 cup packed DOLE® Baby Spinach

DIRECTIONS:

1. **Purée** all ingredients, except garnish, in a blender on high until smooth; serve garnished with pineapple, if desired. Makes about 4 cups.

Chef Tip:

Peel and freeze ripe bananas to have on hand for using in this recipe as well as other smoothies and baking.

Allergens: Tree Nuts

