



PRINTABLE BANANA STICKER PEEL & PLAY STORY BOOK

Get ready to step into a world of whimsy and adventure by collecting our new, DOLE® Disney Princess Stickers and designing your very own Peel & Play Story Book with princess stickers found only on DOLE Bananas! Relive the enchantment of your favorite Disney Princess films with the flip of each page, discover new ways to explore healthy living through our Dole and Disney Princess inspired recipes, and bring the magic of these classic films straight to your kitchen table. Set forth on a new adventure as you peel and collect all 47 new Disney Princess DOLE Banana stickers!

Be sure to share your Peel & Play Story 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 Peel & Play Sticker Book
- 5 Personalize by coloring in the princesses, and filling each page with Dole banana stickers in the spaces provided





PEEL & PLAY

STICKER BOOK



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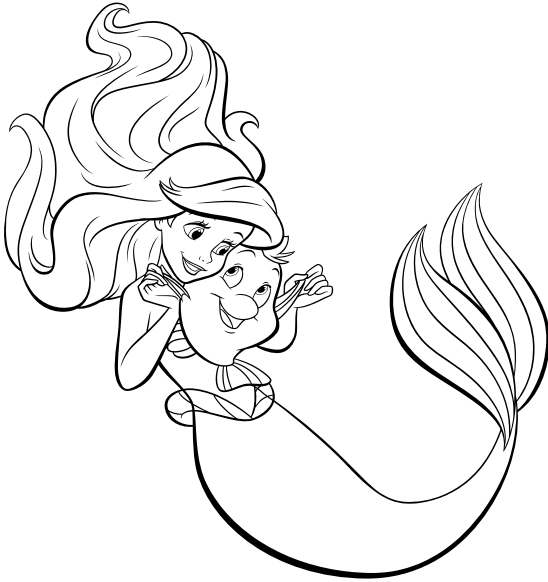
And they all lived
healthily ever after!



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ARIEL



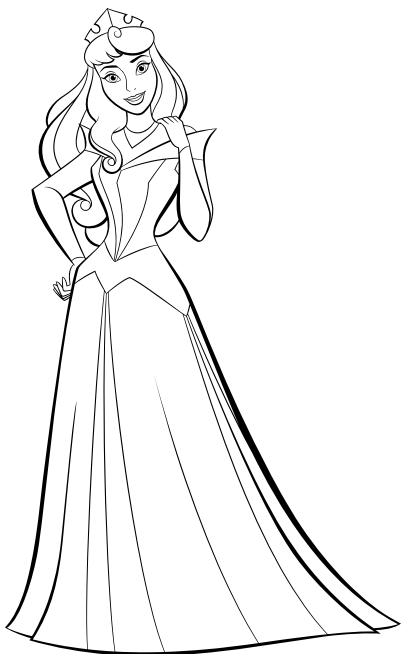
Curious about the world above the waves, Ariel risks everything with her tenacious, adventurous spirit.



Check out our princess-inspired *Princess Pearl's Punch* on [Dole.com](https://www.dole.com)!



AURORA



Aurora is cheerful, elegant, and a dreamer who enchants all she meets.



Check out our princess-inspired *Wakey Wakey Vegan Hash* on [Dole.com](https://www.dole.com)!

BELLE



Check out our princess-inspired *Les Gris Stuff a la Lumiere* on [Dole.com](https://www.dole.com)!

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CINDERELLA



Check out our princess-inspired *Glass Slipper Veggie Tea Sandwiches* on [Dole.com](https://www.dole.com)!

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JASMINE



Strong-willed, open-minded and generous, Jasmine finds adventure beyond the palace walls.



Check out our princess-inspired *Magic Carpet Lemon Curd Cups* on [Dole.com](https://www.dole.com)!



MERIDA



Brave, self-assured, responsible and strong, Merida works to change her fate.



Check out our princess-inspired *Brave Banana Cherry Teacakes* on [Dole.com](https://www.dole.com)!



MOANA



Moana's determination is firmly rooted in her love for her island and desire to help her people.



Check out our princess-inspired *Te Fiti Fudgy Coco Cake Pops* on [Dole.com](https://www.dole.com)!



MULAN



Mulan's fearlessness, cleverness, toughness and loyalty save her nation, and bring honor to her family.



Check out our princess-inspired *Dragon-Fired Sesame Tofu Bowls* on [Dole.com](https://www.dole.com)!



POCAHONTAS



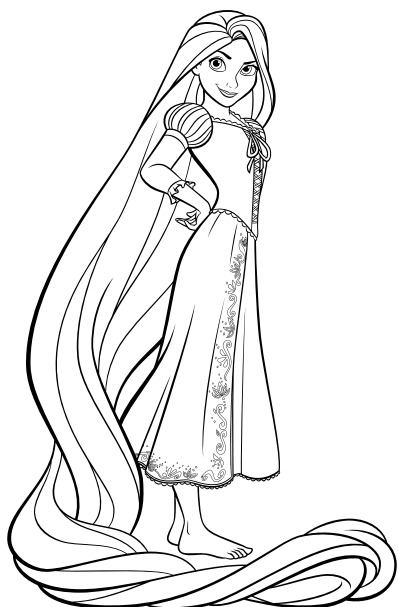
Free-spirited, caring, agile and intelligent, Pocahontas walks her own path through life.



Check out our princess-inspired *Blue Corn Moon Plantain Fritters* on [Dole.com](https://www.dole.com)!



RAPUNZEL



Rapunzel's creative, inquisitive, devoted and irrepressible nature lead her on an adventure of self-discovery.



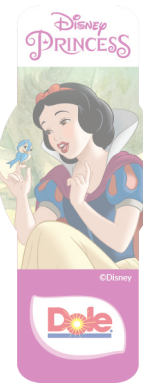
Check out our princess-inspired *Golden Cheesecake Banana Bars* on [Dole.com](https://www.dole.com)!



SNOW WHITE



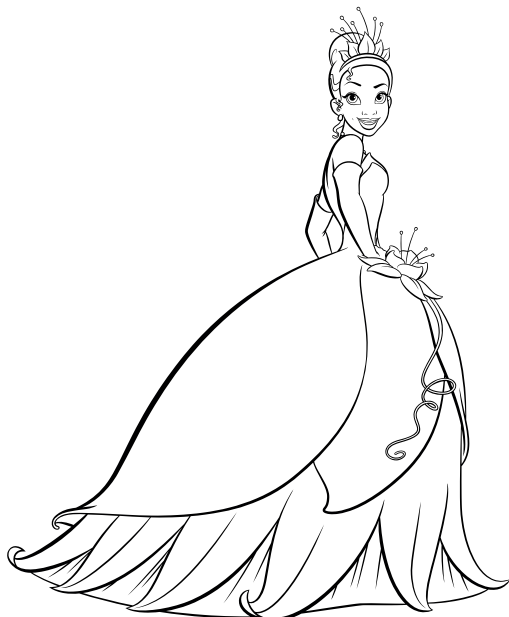
The Fairest of All, Snow White is caring, resilient, optimistic, and sweet-natured.



Check out our princess-inspired *Heigh-Ho Apple Bruschetta* on Dole.com!



TIANA



With ambition, talent, confidence and drive, Tiana makes her dreams come true.



Check out our princess-inspired *Big Easy Summer Quinoa Salad* on Dole.com!



RECIPE INSPIRATION FROM DOLE

Golden Cheesecake Banana Bars

INGREDIENTS:

- Nonstick cooking spray
- 4 whole sheets low fat graham crackers
- 2 tablespoons natural buttery spread with olive oil, melted
- 1 container (8 ounces) vegan cream cheese
- 2 DOLE® Bananas, peeled and mashed
- 1/4 cup powdered sugar
- 1/2 cup light coconut whipped topping plus additional for garnish (optional)
- Chopped walnuts for garnish (optional)

DIRECTIONS:

1. **Line** an 8-inch square baking dish with foil so that foil extends about 2 inches over sides of pan; spray with nonstick cooking spray.
2. **Pulse** graham crackers in a food processor until small crumbs remain. Combine buttery spread and graham cracker crumbs in a medium bowl; firmly press into bottom of prepared dish.
3. **Beat** cheese, bananas and sugar in a medium bowl, with mixer on medium-high speed, 2 minutes or until light and fluffy; fold in whipped topping. Evenly spread cheese mixture over crust; cover and freeze at least 4 hours or up to overnight.
4. **Using** overhanging sides of foil, transfer bar to cutting board; remove foil and cut into 16 squares. Let bars stand 30 minutes.
5. **Serve** bars topped with whipped topping and sprinkled with walnuts, if desired.





RECIPE INSPIRATION FROM DOLE

Pineapple-Salmon Voyager Foil Packs

INGREDIENTS:

- 2 garlic cloves, minced
- 1 tablespoon natural buttery spread with olive oil, melted
- 1/2 teaspoon kosher salt
- 1/4 DOLE® Pineapple, peeled, cored and thinly sliced crosswise
- 4 skinless salmon fillets (about 4 ounces each)
- 2 Roma tomatoes, chopped
- 1 DOLE® Avocado, peeled, pitted and chopped
- 2 DOLE® Limes, juiced (about ¼ cup)
- 1/2 cup chopped DOLE® Red Onion
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons olive oil

DIRECTIONS:

1. **Prepare** outdoor grill for direct grilling over medium heat; cut 4 (12-inch-square) sheets foil. Whisk garlic, buttery spread and ¼ teaspoon salt in a small bowl.
2. **Place** pineapple on center of foil sheets; top with salmon and brush with garlic mixture. Bring 2 edges of foil up over salmon and fold to seal; fold sides of foil to seal. Place packs, seal side up, on hot grill rack; cover and cook 10 minutes or until internal temperature of salmon reaches 145°F.
3. **Gently** toss tomatoes, avocado, lime juice, onion, cilantro, oil, pepper to taste and remaining ¼ teaspoon salt in a large bowl. Makes about 2 cups.
4. **Carefully** open foil packs; top salmon with Avocado Salsa.

