**Dole Whip**

**Dole Whip Recipe**

**3 cups FROZEN pineapple, divided**

**1/2 cup milk or pineapple juice**

**2 tbsp powdered sugar (optional)**

**\*If you cannot find frozen pineapple, you can cut a fresh pineapple and freeze before\*. Make sure they are completely frozen**

**Directions:**

**Step 1 :Add 1 cup of frozen pineapple into the blender and blend until smooth.**

**Step 2: second cup of pineapple, then add powdered sugar, pineapple juice or milk and blend until smooth.**

**You can garnish on top with a cherry or a piece of pineapple.**

**If your blender is not a high powered blender, yours may come out a bit watery, so you can pop in the freezer for 30-45 min to completely freeze. You can serve the dole whip into a hollowed out pineapple and a straw, or serve in a bowl.**

**\*If you like strawberries & bananas better, you can use 1 cup of frozen bananas, 2 cups of chopped frozen strawberries\*.**

**Kitchen Equipment: Measuring cups, blender.**

**Chef notes: I used a high powered 1000 watts 9 cup ninja blender.**

 **Missing Pieces Cooking Classes**