**Carol’s Homemade Dole Whip**

I love Dole Whip! When I was growing up, I was allergic to milk...so the Magic Kingdom was the only place on Earth I could have ice cream!

I’m not sure why I never really made it at home, but here’s an awesome recipe for it. Two ingredients...that’s it! It makes a healthy, dairy-free snack for the kids after school.

Let’s get blending together! :)

**Ingredients:**

* 3-4 Cups Frozen Pineapple Chunks
* 1 Cup Coconut Milk
* Optional: Pineapple Juice or 1 Frozen Banana (No Peel) for Added Sweetness

**How to Make:**

* Add all ingredients to the blender or food processor. Turn on and blend until smooth.
* If your blender seizes up like mine did, then you have two options to add liquid…more coconut milk if you want to stay healthier, but it does give it more of a coconut taste. Otherwise, use about a 1/2 cup of pineapple juice. It helps get your dole whip blending again and gives you that true pineapple dole whip flavor. TASTED JUST LIKE DOLE WHIP WHEN I ADDED THE PINEAPPLE JUICE!!!
* Enjoy! :)

Tyler was impressed at how healthy this one was and you know Ellis with all his Hawaiian shirts was excited about it! We’d love to see pictures of your family enjoying this recipe. You can share them on the [Z88.3 Mornings Facebook page!](http://facebook.com/Z88.3Mornings)

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