

Frozen Gingerbread Cappuccino



Serves	1
Ingredients	4 fluid ounce Minute Maid Smoothies Non-Fat Vanilla Yogurt, thawed 1 fluid ounce gingerbread syrup 2 fluid ounce espresso syrup or 1 shot espresso 2 cups ice
Garnish	Whipped cream 1 gingerbread cookie
Method	1. Combine all ingredients in a blender; process until smooth 2. Pour into a 16-oz. glass 3. Garnish with whipped cream and a gingerbread cookie 4. Change the flavor by replacing 1 fluid ounce Gingerbread Syrup with 1 fluid ounce flavored syrup from the suggestions below
Nutritional Information	480-490 calories
Brands	Minute Maid Smoothies
Primary Flavor Profile	Fruity
Drink Style	Blended , Functional/Energy

**Food Pairing and
Recommentation**

**BBQ, Breakfast / Brunch - Savory , Breakfast / Brunch -
Sweet, Mexican / Latin , Salads - Lighter Protein , Salads -
Richer Protein , Sandwiches - Lighter Protein , Sandwiches -
Richer Protein , Sandwiches - Vegan , Snacks - Salty**

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