

Maple Spice Shake



Serves	1
Ingredients	<p>5 fluid ounce Minute Maid Smoothies Non-Fat Vanilla Yogurt, thawed</p> <p>2 fluid ounce Maple Spice Syrup</p> <p>2 cups ice</p>
Garnish	<p>Whipped cream</p> <p>Optional: brown sugar</p>
Method	<p>1. Combine remaining ingredients in a blender; process until smooth</p> <p>2. Pour into a 16-oz glass</p> <p>3. Garnish with whipped cream</p>
Nutritional Information	435 calories
Brands	Minute Maid Smoothies
Primary Flavor Profile	Fruity
Drink Style	Blended , Seasonal , Spicy
Food Pairing and Recommendation	<p>BBQ, Breakfast / Brunch - Savory , Breakfast / Brunch - Sweet, Mexican / Latin , Salads - Lighter Protein , Salads - Richer Protein , Sandwiches - Lighter Protein , Sandwiches -</p>

Richer Protein , Sandwiches - Vegan , Snacks - Salty

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