



Maple-Yogurt Smoothie

Recipe by Ken Haedrich, Maple Syrup Cookbook



1 c. plain yogurt

1/3 c. pure NYS maple syrup

Pinch of ground cinnamon

1/2 c. milk

1 ripe banana, peeled

Several ice cubes, crushed

Combine the yogurt, milk, maple syrup, banana, and cinnamon in a blender. Add the crushed ice and process until smooth.

It's fine if pieces of ice remain after blending. Serve at once.