



Create it yourself



Oster



Vermont Maple Smoothie

3/4 cup reduced-fat (2%) milk -- 4 ounces
unsweetened applesauce -- 2 to 3 ice cubes -- 1/2
cup vanilla frozen yogurt -- 2 to 3 tablespoons
maple syrup, preferably Grade B -- 1/8 teaspoon
ground cinnamon

Pour milk into My Blend sports bottle. Add
applesauce, ice cubes, frozen yogurt, maple syrup,
and cinnamon. Fasten the blade assembly on the
open end of the sports bottle.

Turn the sports bottle upside down and place it in
the base, lining up the arrows on the blade
assembly with the arrows on the base. Press the
sports bottle down in the base or turn the sports
bottle clockwise to lock it for hands-free operation.
Blend 30 to 45 seconds or until smooth.

Turn the sports bottle over and place on a flat
surface. Replace the blade assembly with the
drinking lid.



Base

~~79.95~~
64.95
2208 points



Bottle

~~34.95~~
17.30
588 points