

## 1995—Beverages

Second Place Non-Alcohol  
**Maple Power Shake**

Cindy Guenther  
Merrill

1 banana, cut in chunks

1 orange, in sections

1/4 c. dark amber maple syrup

6 oz. vanilla yogurt with 1/2 c. vanilla ice milk

**or**

1 c. frozen vanilla yogurt

Put all ingredients in food processor or blender.  
Mix one minute. Serve.

NOTE: Almost any fruit can be added.



*Each tap will yield an average of 10 gallons of sap  
per season .. about one quart of syrup.*

