

# Metabolic Boosting Egnog

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This is a festive holiday treat that fills you up, not out. Best yet, it won't stop your weight loss!

**PREP TIME:** Less than 5 minutes

**SERVES:** 1

**Directions:**

Combine ingredients together until blended. If you like warm eggnog, warm in microwave for 30 seconds or less, being careful if you heat too much you'll cook the eggs.

Just prior to serving, ladle your yummy high protein eggnog into glasses and garnish each with an extra little sprinkle of ground nutmeg and ground cinnamon.

**Ingredients:**

- (1 scoop) Complete Protein Powder (Vanilla or Chocolate)
- (1 scoop) Egg White Protein Powder
- ( $\frac{3}{4}$ -1 cup) Water
- (5-6) Ice cubes
- (1/8 tsp.) Rum extract - optional
- (Tiny sprinkle) Ground nutmeg
- (Tiny sprinkle) Ground cinnamon