

Almased Egnog Smoothie

1 Serving

380 calories per serving when using 8 tbsp Almased
[235 with 6 tbsp Almased / 225 with 10 tbsp Almased]

- 6 tbsp Almased*
- 3 oz water
- 5 oz light eggnog
- 1 tsp vanilla
- ¼ tsp nutmeg
- ½ cup ice



Pour the water and the light eggnog into the blender. Next add your own personal measured serving of Almased*, add the vanilla, nutmeg and ice. Start blender on low speed then blend on high for 30 seconds. Serve with a cinnamon stick if desired.

