

TASTY SHAKE RECIPES

Easy and delicious ways to put more healthy protein into your diet every day.



High Protein Eggnog

INGREDIENTS:

2 Premier Protein® Vanilla Shakes

1/2 cup egg substitute

2 Tbsp sugar substitute like Stevia, more or less to taste

2 tsp rum extract

1 tsp vanilla extract

1/2 tsp + pinch nutmeg, ground

2 pinches cinnamon, ground

DIRECTIONS:

In a medium saucepan heat on medium to medium high the Premier Protein® Shake, egg substitute and sweetener. Stir continuously until the mixture thickens slightly, usually a few minutes. Note, do not bring to a boil. Stir in the vanilla, rum, 1/2 tsp nutmeg & pinch of cinnamon.

Remove from heat and pour into a heat resistant container, cover and refrigerate until the eggnog has cooled (at least 3 hours).

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

