



Sugar-Free Eggnog Smoothie

It's the most wonderful time of the year!



(See ingredients and recipe on back)

It's the hap-happiest season of all! And here's another holiday classic made healthy. This is a sugar-free eggnog (with some added protein) to give you a boost. Flavored with cinnamon and nutmeg, this eggnog gives you the classic holiday flavor that we all enjoy. (Egg yolks can also be included).

Discover Chiropractic (408) 985-1111 1305C N. Bascom Ave San Jose, CA 95128
<https://chiropractor-sanjose.com/>

Ingredients:

- 1 scoop MaxLiving Grass-Fed Whey Protein vanilla flavor
- ½ can coconut milk (can substitute with whole milk or heavy cream)
- ½ avocado pitted and peeled
- 1–2 cups ice (to desired thickness and consistency)
- 1 tsp vanilla extract
- 2 tsp ground nutmeg
- 2 tsp ground cinnamon
- Stevia, monk fruit, or allulose to taste
- Optional: 1-2 egg yolks

Instructions:

1. Add all ingredients to a blender. Blend on high until creamy and frothy.
2. Serve immediately.

Recipe video (and more tasty meals) available on the MaxLiving Healthy Recipes website!