



## HOLIDAY EGGNOG PROTEIN SHAKE

By Dr. Cindy Tanzar  
(Standard)

This holiday version of a healthy protein shake was provided to us by Elsie Lemke. She shared her recipe as a tasty way to add seasonal flavors, while making breakfast easier in the harried days of the holiday season. We love when our clients provide us with their favorite recipes. Many of you are great cooks, and we encourage you to share your ideas to help our clients be successful on their Genesis Health Solutions Weight Loss Program.

Makes 1 serving covering your protein.



### INGREDIENTS

1 cup unsweetened almond or coconut milk

1 tsp. pure rum extract \*

1/2 tsp. Allspice (can sub 1/4 tsp cinnamon, 1/8 tsp clove & a pinch of nutmeg)

2 scoops vanilla protein shake

5 ice cubes



## INSTRUCTIONS

Place all ingredients into a blender or bullet and mix well. Top with a dash of cinnamon.

\* Pure rum extract can be found at Walmart (in Forest). Not all food stores carry pure extracts. Make sure your extracts are pure! Anything with the terms artificial, caramel color, essence, or flavored are not on plan. You will notice many extracts utilize alcohol as an agent to carry the flavor of the extract. It is perfectly fine to use on our plan, as it is so small of a portion, as is the serving size. **Make sure there is no sugar in your extracts!**