

Eggnog Protein Smoothie

2 ready-to-drink vanilla protein shakes
½ cup egg substitute
2 Tbsp. stevia, or to taste
2 tsp. rum extract
1 tsp. vanilla extract
½ tsp. ground nutmeg
1/8 tsp. ground cinnamon

Directions

1. In a medium saucepan, combine protein shakes, egg substitute and stevia. Warm over medium-high heat, stirring constantly until mixture thickens. Do not bring to a boil!
2. Stir in cinnamon, nutmeg and vanilla and rum extracts.
3. Transfer mixture to a heat-resistant container, cover and refrigerate for at least three hours.
4. Shake before serving, adding dash of cinnamon and nutmeg for garnish if desired.

Combine all ingredients in blender and blend until smooth.