



## Eggnog Protein Smoothie

Eggnog lovers... get your fix when you blend up this Eggnog Protein Smoothie. Heads up! The sweet and spicy flavours of nutmeg, cinnamon, and vanilla taste like Christmas and New Year in a glass.

**Serves: 1, Prep time: 00:05, Cook time: 00:00**

## Instructions

1) In a blender, add all ingredients and blend until smooth. Transfer to a glass and enjoy immediately.

Cinnamon is a powerful anti-oxidant and an anti-inflammatory so combined with the protein ideal for after a workout!

Cloves improve liver health and can help regulate blood sugar levels.

For a FREE recipe book click [here](#) and [Chili Tri](#)

## Ingredients

- 4 Ice cubes
- 1 teaspoon Cinnamon, Ground
- 0.5 teaspoon Cloves, Ground
- 29 grams Vanilla Protein Powder, one scoop (1 oz)
- 1 Egg , optional
- 240 milliliters Almond Milk (8 oz (U.S.))