

A Low-Carbers Holiday Eggnog

This is a good post-bariatric alternative to one of the season favorites. You could add in some Unjury unflavored protein to make it a higher protein meal!

Low-Carb version: 110 calories, 8 grams protein, <1 gram sugar, 8 grams fat

Tradition version (varies by brand): 225 calories, 12 grams protein, 20 grams sugar, 11 grams fat

Ingredients

- 1 egg
- 4 packets Splenda®
- 1 tsp sugar-free vanilla syrup
- 1 1/4 cups cold unsweet almond milk
- 1/4 tsp (or more) ground nutmeg

Instructions

1. Place in a small blender (or whatever blender you have) the egg, Splenda®, and sugar-free vanilla syrup. Blend on high for 30-60 seconds until thoroughly blended.
2. Add cold almond milk and blend for another 30-60 seconds.
3. Pour into serving glass and sprinkle a good amount of nutmeg on top. Enjoy!

