

Healthy Holidays

Ingredients

1 IP Vanilla Ready to Serve Shake

4oz brewed coffee or espresso

1/4 tsp nutmeg (freshly grated, or dried)

1/4 tsp rum extract, SUGAR FREE

1/4 tsp vanilla extract

Ground cinnamon, to taste

Eggnog Latte

Directions

1) Pour Vanilla shake and 4oz of coffee or espresso into a glass.

2) Add nutmeg and extracts and stir until combined.

3) Garnish with nutmeg and cinnamon on top (if desired).

