

# Egg Nog Smoothie

*Recipe makes 1 smoothie*

## Ingredients

100g Ice Cubes (about 6 cubes)  
1 scoop Legion Vanilla Protein Powder (or any brand of vanilla)  
1/2 cup Egg Nog  
1/2 cup Fat Free Fairlife Milk  
1/8 tsp Nutmeg



## Instructions

1. Add all of your ingredients to a blender and blend to your desired consistency.
2. Pour into a glass or shaker bottle.
3. Enjoy!

## Nutrition Profile

*- per smoothie -*

Calories - 330

Fat - 9g

Carbohydrates - 29g

Protein - 33g

# Notes

- This smoothie is a great option for a high protein dessert, snack, or even a post workout protein shake.
- The consistency of this recipe is like a thick protein shake. If you like more of a milkshake consistency, you can skip the milk and add more ice. Adding a tsp of xanthan gum will make this more of an ice cream consistency if you want something even thicker.