



Cinch™ Holiday Shake

1 serving Cinch™ Vanilla Shake Mix
¾ cup nonfat milk
¼ cup light eggnog
¼ tsp. rum flavored extract
Dash of nutmeg (or to taste)
Dash of cinnamon (or to taste)
4 – 6 ice cubes

Blend Cinch™ Vanilla Shake Mix, with nonfat milk, light eggnog, rum extract, spices and ice cubes in a blender until frothy. Sprinkle with additional nutmeg. Serve.

305 calories, 24 g protein, 44 g carbohydrate, 5 g fat*

** Nutrient values when nonfat milk is used*