



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, 6 g fiber, 29 g cholesterol

