

Barix Holiday Eggnog

1 scoop Matrix 5.0™ Simply Vanilla
1 cup skim milk
¼ cup liquid egg substitute
1 Tbsp. Instant vanilla pudding,
sugar free
¼ tsp. Vanilla extract
nutmeg or cinnamon sprinkled on
top if desired.

Blend all ingredients together until well mixed. Drink right away or chill up to 10 hours, stir well and drink.
Makes one serving.

Nutritional information per serving: 248 calories; 37 grams protein; 3 grams fat; 18 grams carbohydrate; 531 mg sodium.