

# Laurel's Lounge

## **Holiday Egg Nog**

A creamy drink without all of the calories, carbs and fats!

Enjoy a little holiday cheer without all of the guilt. This tasty treat is made with ITG Very Vanilla Shake/Pudding and can be made with a variety of spirits. I enjoyed the Dark Rum myself.

### **Ingredients:**

- 1.5 oz Dark Rum
- 6 oz ITG Very Vanilla Shake/Pudding Packet
- Garnish Cinnamon or Cinnamon Sticks

### **Preparation:**

1. Make ITG Very Vanilla packet with 6 oz of cold water in your ITG blender bottle, shake well.
2. Add 1.5 oz of Dark Rum
3. Sprinkle with Cinnamon , a Cinnamon Stick or Sprinkle with Nutmeg

Enjoy!

For variety you can also use Kahlua, Baileys or your spirit of choice.



*Submitted by Laurel*