

Low Carb Eggnog

No need to skip this tradition just because you are watching your carbs!

Ingredients

- 6 oz. whole milk
- 1 medium egg
- 1 packet Splenda
- 1 tsp vanilla extract
- 1 pinch ground nutmeg

Directions

1. Pour milk into mug and microwave on high for 90 seconds.
2. Mix egg, vanilla, nutmeg & Splenda in blender and pulse.
3. Add hot milk and blend another 15 seconds.
4. Pour back into mug and sprinkle with a little more nutmeg.

Makes 1 serving

Nutritional Information:

Calories:	192
Total Carbs	11g
Fiber	0g
Fat	10.4g
Protein	11.5g

Adapted from dlife.com



Dr. Clark's
CENTER FOR
WEIGHT LOSS
SUCCESS