

RECIPE OF THE WEEK

Ideal Protein Egnog

Ingredients

- 1 Ideal Protein Vanilla Pudding Mix
- Sugar-free eggnog syrup
- 2 Splenda packets
- 4 eggs – divided
- 1 oz milk
- 1/4 tbsp. cinnamon (optional)
- 7 oz water



Preparation

1. In a bowl, beat the egg yolks until they lighten in color.
2. Gradually add Splenda and continue to beat until dissolved. Set aside.
3. Mix the IP vanilla pudding with water and milk.
4. Take a medium saucepan over high heat and combine prepared pudding mix with nutmeg and cinnamon, and bring it to boil. Keep stirring occasionally.
5. Remove pudding mix from heat and gradually add the hot mixture into the egg and Splenda mixture.
6. Once mixed, return everything to the pot and cook until the mixture reaches 160°F.
7. Pour mix into a medium mixing bowl, and set in the refrigerator to chill.
8. In a separate medium mixing bowl, beat the egg whites to soft peaks.
9. With the mixer running gradually, add the sugar-free eggnog syrup.
10. Whisk the egg whites into the chilled mixture.
11. Serve and enjoy!

