

Side | Snack | Dessert

Espresso Eggnog Mock-Tini

Side Effect: Weight Loss/Low Appetite

10 Mins
Prep Time

0 Mins
Cook Time

1
Serving

 **269 Calories** **8g Fat** **43g Carbs** **5g Protein**



Ingredients

 **1 Serving**  **10 Mins Total Time**  **Allergens: Dairy**

4 oz **Pasteurized** Eggnog

1 Tsp Instant Coffee 

2 Drops Almond Extract

1 Tbsp Chocolate Syrup

Allergen Swap

Dairy There is no dairy-free eggnog option

Nourishment Note



Coffee

Coffee contains phenolic acids that may help to reduce inflammation and increase the destruction of cancer cells.



High-Calorie Beverages

High-calorie beverages provide additional calories to help prevent unwanted weight loss. It's also a good way to help maintain hydration.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Add Ice & Ingredients to Shaker

Fill a cocktail shaker half full of ice. Add all ingredients.

3. Serve & Enjoy

Pour into a glass and enjoy.

4. Store

Enjoy beverage within 2 hours. Mock-tini will keep well in the refrigerator for up to 1 day.

5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Chef, Chad Beuter

What You'll Need



Cocktail Shaker



Measuring Spoons



Glass

Fatigue Buster

- Ask a friend or family member to help prepare this beverage.