

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 gain. It's also a good way to help maintain hydration.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

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 Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

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.