

"Eggnog"



Preparation time: 10 minutes

Recipe makes: 2 servings

Ingredients

16 fl oz rice milk
1/2 tsp nutmeg, ground
1/2 tsp cinnamon, ground
1/2 tsp allspice, ground
1 tsp vanilla extract
1 tsp sugar

Directions

- 1 In a heavy saucepan over medium heat, bring all ingredients to a boil; stirring continuously.
- 2 Turn off the heat and serve.

Nutrition Info Per Serving (8 fl oz):

Calories: 140 | Protein: 0.7 g | Phenylalanine: 24 mg

Please check the suitability of this recipe for you with your healthcare professional.

This recipe was analyzed using HowMuchPhe.org.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

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