

## Banana Egg Nog Shake



1 overly ripe banana, cut in pieces  
1 scoop of Egg Nog ice cream  
1 cup of milk  
Dash vanilla  
Freshly grated nutmeg

1. Mix banana and milk in a blender or food processor until smooth.
2. Add Egg Nog Ice Cream and vanilla. Mix until smooth.
3. Pour into glasses and sprinkle with nutmeg.
4. Makes 1 large or 2 small servings and serve with straw.

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