



Fat Free Festive Eggnog

Serves 4 (3/4 cup serving)

You can enjoy this festive holiday drink without feeling guilty. This rich eggnog is fat free and only 141 calories. The traditional eggnog has over 11grams of fat and 180 calories!

1/4 cup egg substitute
1 cup skim milk
1 cup evaporated skim milk
3/4 cup vanilla fat-free frozen yogurt
1-2 Tbsp. sugar
1/2 tsp. rum extract*
1/2 tsp. brandy extract*
Garnish with ground nutmeg

*if rum and brandy extract are not available, replace with 1 tsp. of vanilla

- In a blender, combine all ingredients and process until smooth.
- Pour in glasses and garnish with nutmeg.

Nutritional Information - Fat Free Eggnog (per one 3/4 cup):

Calories: 141	Carbohydrate: 24.2g
Total Fat: 0g	Dietary Fiber: 0.2
Saturated Fat: 0g	Protein: 10.1g

Nutritional Information - Traditional Eggnog (per one 3/4 cup):

Calories: 180	Carbohydrate: 8.1g
Total Fat: 11.5g	Dietary Fiber: 0g
Saturated Fat: 6.6g	Protein: 3.2g