



Eggnog

1 1/2 cups skim milk
1/2 cup fat-free half-and-half
1/2 cup pasteurized egg substitute
1 tsp vanilla
1 packet Splenda
1/4 cup brandy or rum (optional)
nutmeg

Combine all ingredients in a shaker or blender. Pour into glasses and garnish with nutmeg. Makes 4 servings.

Nutrition information per serving (without optional ingredients): 64 calories, 7 grams protein, 8 grams carbohydrate, 0.5 grams fat, 144 mg sodium.

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