



Eggnog

5 cups fat-free FairLife milk
1 4-serving box vanilla instant pudding, sugar-free
1 tsp. vanilla or rum extract
1/2 tsp. ground nutmeg
Extra Creamy Reddi-wip
Cinnamon

Combine milk, pudding mix, sweetener, extract, and nutmeg in blender. Blend on high speed until smooth. Pour into glasses. Cover and refrigerate until thickened—about 30 minutes. Top with 2 Tbsp whipped topping and a sprinkle of cinnamon. Makes 5 servings.

Nutrition information per serving: 125 calories, 13 grams protein, 1 gram fat, 12 grams carbohydrate, 360 mg sodium

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