

## **Sugarfree Egnog**

1 – 4 serving pkg. sugar free instant vanilla pudding mix

5 cups skim milk

1 teaspoon Splenda

1/4 cup ground cinnamon

1 pinch ground nutmeg

1 teaspoon rum flavored extract

Mix all ingredients together with a wire whisk for at least 2 minutes in a large bowl or pitcher. Best to make just before serving. Makes 5 servings.

Nutrition information serving: 121 calories, 9 grams protein, 0 grams fat, 15 grams carbohydrate, 436 mg sodium