

Sugar-Free Holiday Nog

[Recipe](#)



Nutrition Facts:

Serving size: 1 cup

Per serving: 107 calories; 1g fat (0 saturated fat); 1mg cholesterol; 187 sodium; 15g carbohydrate (0 sugars, 0 fiber); 10g protein.

Diabetic Exchanges: 1 fat-free milk, ¼ starch

Preparation Time:

10+ minutes

Servings:

8 cups

Serving Size:

1 cup

Ingredients:

- 1 oz.: sugar-free instant vanilla pudding mix
- 7 cups: fat-free milk, divided
- 1-2 tsp.: vanilla or rum extract
- 2-4 packets: sugar substitute
- 1 cup: fat-free evaporated milk
- Ground nutmeg or cinnamon

Directions;

1. Combine pudding mix, 2 cups of milk, vanilla and sugar substitute in a bowl; mix according to pudding directions.
2. Pour into a half-gallon container with a tight-fitting lid. Add 3 cups of milk; shake well.
3. Add evaporated milk and shake. Add remaining milk; shake well.
4. Chill.
5. Top with ground nutmeg or cinnamon if available when serving.