



Heart-Healthy Eggnog

Shine 365
Marshfield Clinic

PREP TIME: 5 minutes • **TOTAL TIME:** 3 hours, 5 minutes • **SERVINGS:** 8

INGREDIENTS

- 1 quart skim milk
- 1 cup egg substitute
- 1 box sugar-free, fat-free instant vanilla pudding powder (about $\frac{1}{3}$ cup)
- $\frac{1}{4}$ cup sugar
- 1 tablespoon pure vanilla extract
- 1 teaspoon rum extract (optional)
- Freshly grated nutmeg

INSTRUCTIONS

Combine milk, egg substitute, pudding, sugar, vanilla and rum in a blender. Process until smooth.

Chill for at least three hours. Stir or shake well before serving. Sprinkle nutmeg on each serving.

TIPS: Substitute sweetener for the sugar.

This eggnog stores well for up to eight hours, but then it starts to lose some of its thickness and body.

NUTRITION INFORMATION

Each serving contains about 95 calories; 0 g fat; 0 g fiber; 1.2 mg cholesterol; 17 g carbohydrates; 150 mg sodium.