FRIENDLY EGGNOG

Nutritional Information:

- Servings: 5
- Servings size: 1 cup
- Calories: 88 kcal
- Fat: 1 g
- Carbohydrates: 6.5 g
- Fiber: 0 g
- Protein: 6 g

Ingredients:

5 cups light vanilla soymilk
1 package (1 oz) Jell-O Vanilla sugar free, fat-free, instant pudding mix
1 tsp rum extract
½ tsp ground nutmeg

Instructions:

1. In a blender, combine all ingredients and blend on high until mixed thoroughly.
2. Refrigerate for a few hours and allow to thicken.