



Low-Calorie Eggnog

Eggnog is a holiday favorite but it can quickly derail your best intentions to eat and drink smart. But don't worry; a few modifications can drastically reduce calories without sacrificing taste.

Ingredients:

½ cup of egg substitute (equal to two eggs)
½ cup Splenda or other sugar substitute
1 13 ounce can evaporated non-fat milk, chilled
8 ounces non-fat milk
2 teaspoons vanilla
½ teaspoon rum flavor (optional)
Ground nutmeg

Instructions:

Using a blender, mix egg substitute and sugar substitute for about one minute until blended. Add both types of milk, vanilla and rum flavor. Mix about one minute more. Refrigerate until cold. Sprinkle with nutmeg before serving.

Nutritional Information: (Makes 6 – ½ cup servings)

Per serving:

85 calories
0 grams fat