***Light Eggnog***

1 cup Nonfat Dry Milk Powder

½ cup Water

¾ cup Sugar (or 18 packets sugar sub such as Splenda)

1 tsp.` Brandy extract

½ tsp. Rum extract

½ cup Egg Substitute

¼ tsp. Nutmeg

2 cups Skim Milk

1. Combine dry milk, water, and sweetener in blender. Blend on high for 5-10 minutes or until smooth and creamy.
2. Add extracts and eggs. Continue blending. Add nutmeg and milk until well mixed.
3. Refrigerate.
4. Serve with sprinkle of nutmeg.

**NOTE:** Using “regular” eggs in your eggnog recipe may not be safe. If alcohol is added, it may inhibit bacterial growth but cannot be relied upon to kill bacteria. Two resolutions to this: ***1)*** Use pasteurized eggs only (next to the “regular” eggs) or ***2)*** use egg substitute as this recipe contains as egg substitutes have already been pasteurized.

Yield: 8 servings (1/2 cup/serving)

Calories: 128 (80 with sugar sub)

Protein: 7 gms

Fat: 2 gms

CHO: 18 gms (6 gms with sugar sub)

Sodium: 84 mg