



No-Nonsense Nog



1/5th of recipe (about 1 cup): 98 calories, 2g total fat (0g sat. fat), 382mg sodium, 13g carbs, 0.5g fiber, 6g sugars, 6g protein

Prep: 5 minutes

Chill: 3 hours



More: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#), [5 Ingredients or Less](#)

Ingredients

5 cups light vanilla soymilk
One 4-serving box Jell-O Sugar Free Fat Free Vanilla Instant pudding mix
6 no-calorie sweetener packets
1 tsp. rum extract
1/2 tsp. ground nutmeg
Optional toppings: Fat Free Reddi-wip, cinnamon

Directions

Combine all ingredients in a blender, and blend at high speed until smooth.

Transfer to a pitcher, cover, and refrigerate until thickened, at least 3 hours. Yum time!

MAKES 5 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.