



Pumpkin-licious Nog



1/5th of recipe (about 1 cup): 110 calories, 2g total fat (0g sat. fat), 344mg sodium, 16g carbs, 2g fiber, 6.5g sugars, 6g protein

Prep: 5 minutes

Chill: 3 hours



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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
2/3 cup canned pure pumpkin
1 tsp. rum extract
1/2 tsp. ground nutmeg
1/2 tsp. pumpkin pie spice
1/4 tsp. cinnamon
Optional topping: additional 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. Mmmmm!

MAKES 5 SERVINGS

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