



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Prep: 5 minutes

Chill: 3 hours



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

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.