

**Regular eggnog has about 450 calories and 20 fat grams per cup -- and that's WITHOUT any alcohol! Why do it? Sip these no-guilt nogs instead...**

### **Cinn-fully Good Choco-Nog**

**PER SERVING (1 cup): 104 calories, 2g fat, 370mg sodium, 15g carbs, 2g fiber, 6g sugars, 7g protein -- makes 5 servings**

#### ***Ingredients:***

One 25-calorie packet diet hot cocoa mix (like [Swiss Miss Diet](#) or [Nestle Fat Free](#))

5 cups light vanilla soymilk, divided

1 small (4-serving) package sugar-free fat-free instant chocolate pudding mix

1 tsp. rum extract

1/2 tsp. cinnamon

1/4 tsp. ground nutmeg

Optional toppings: Fat Free Reddi-wip, additional cinnamon

#### ***Directions:***

Combine cocoa mix with 1/4 cup hot water in a tall glass, and stir to dissolve. Add 1 cup soymilk and stir.

Transfer to a blender.

Add remaining 4 cups soymilk and all other ingredients to the blender. Blend on high speed until smooth and uniform. Refrigerate in a covered container for at least a few hours to allow nog to thicken.

If you like, before serving, top each glass off with a squirt of Reddi-wip and a sprinkling of cinnamon. Enjoy!

### **No-Nonsense Nog**

**PER SERVING (1 cup): 98 calories, 2g fat, 382mg sodium, 13g carbs, 0.5g fiber, 6g sugars, 6g protein - makes 5 servings**

#### ***Ingredients:***

5 cups light vanilla soymilk

1 small (4-serving) package sugar-free fat-free instant vanilla pudding mix

6 no-calorie sweetener packets (like [Splenda](#))

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 on high speed until mixed thoroughly. Refrigerate in a covered container for at least a few hours to allow nog to thicken.

If you like, before serving, top each glass off with a squirt of Reddi-wip and a sprinkling of cinnamon. Yum time!

## Pumpkin-licious Nog

**PER SERVING (1 cup): 110 calories, 2g fat, 344mg sodium, 16g carbs, 2g fiber, 6.5g sugar, 6g protein --Makes 5 servings**

### ***Ingredients:***

5 cups light vanilla soymilk

1 small (4-serving) package sugar-free fat-free instant vanilla pudding mix

6 no-calorie sweetener packets (like [Splenda](#))

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 toppings: Fat Free Reddi-wip, additional cinnamon

### ***Directions:***

In a blender, combine all ingredients and blend on high speed until mixed thoroughly. Refrigerate in a covered container for at least a few hours to allow nog to thicken.

If you like, before serving, top each glass off with a squirt of Reddi-wip and a sprinkling of cinnamon.

Drink up, Thirsty!

### **Fun with Eggnog!**

*Get creative with your nog, humans!*

**Spiked!** If you want to make an alcoholic version of any of these drinks (and you're of legal age to enjoy it!), nix the rum extract and reduce the soymilk to 4 1/2 cups -- then add 5 oz. rum to the recipe. Just tack on an additional 58 calories

**In Your Coffee!** A generous splash of any of these nogs will add creamy flavor to your java. Mmmmm!