



Cinn-fully Good Choco-Nog



1 cup: 104 calories, 2g total fat (0g sat. fat), 370mg sodium, 15g carbs, 2g fiber, 6g sugars, 7g protein

Prep: 5 minutes

Chill: 3 hours



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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!

MAKES 5 SERVINGS

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