

# Holiday Recipes

## Eggnog Smoothie

### Ingredients:

- 1 IP Vanilla Pudding Mix (DRY)
- 8-10 oz. Cold Water
- ¼ Tsp Nutmeg
- ¼ Tsp. Rum extract, SUGAR FREE
- ¼ Tsp Vanilla extract
- 1 Tsp. Sugar Free Sweetener, granulated
- 2 Cups Ice

### Directions:

Blend ingredients, except ice in a blender. The longer it is blended, the thicker it will be for and ice-cream like texture. Add ice and blend well to desired consistency. Place in fancy glass and enjoy!!