



Eggnog Smoothie

Ingredients:

- 1 IP vanilla pudding mix (DRY)
- 8-10 oz. cold water
- 1/4 tsp nutmeg
- 1/4 tsp rum extract, SUGAR FREE
- 1/4 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!!