

Sugar Free Holiday Nog

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Ingredients:

1 package sugar-free instant vanilla pudding, (.9 ounces)
7 cups skim milk, divided
1 tsp vanilla extract, or rum flavoring
1/4 cup sugar substitute
1 cup evaporated skim milk
nutmeg

Instructions:

Combine pudding mix, 2 cups of milk, vanilla, 2-3 small "taps" of nutmeg and sugar substitute in a bowl; mix according to pudding directions. Pour into a half-gallon container with a tight-fitting lid. Add 3 cups milk; shake well. Add evaporated milk and shake. Add remaining milk; shake well. Chill. Yield: 8 servings



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