



# Gingerbread nog

Makes 8 Servings | Prep Time: 5 minutes | Total Time: 5 minutes

## Ingredients

- 32 oz nonfat milk, divided
- 1 1-oz package of sugar-free vanilla instant pudding mix
- ½ tsp ground ginger
- ⅛ tsp cinnamon
- Sprinkle of nutmeg
- Ice
- 8 gingersnap cookies, for garnish

## Directions

1. In a serving pitcher or bowl, combine 16 oz milk with pudding mix. Whisk continuously for 2 minutes.
2. Then, stir in remaining 16 oz milk, ginger, cinnamon, and nutmeg. Mix until well-combined and smooth.
3. Top with ice and garnish with gingersnap.

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### Nutrition information:

178 calories, 32 g carbohydrates, 6 g added sugar, 6 g protein, 3 g fat, 1 g saturated fat, 0 g fiber, 354 mg sodium, 185 mg calcium, 2 mg iron, 309 mg potassium, 1 mcg vitamin D