

Banana Nog

Banana gives a rich texture to this no-fat alternative to traditional egg nog.

4 bananas, peeled
1 ½ cups skim milk
1 ½ cups plain nonfat yogurt
¼ teaspoon rum extract ground nutmeg

Add all ingredients except nutmeg to blender or food processor. Puree until smooth. Pour into 4 fancy serving glasses and top each with a pinch of nutmeg.

Other healthy variations of Nog:

Pumpkin: add 1 cup pumpkin in place of bananas plus 1 teaspoon pumpkin pie spice and ¼ cup sugar

Berry: add 2 cups of berries in place of the bananas plus 2 tablespoons of sugar.

Vanilla: omit bananas and substitute vanilla flavored yogurt in place of plain yogurt and add 1 tablespoon vanilla extract

Serves 4

Nutritional Information per 1 cup serving:

Calories: 200
Fat: 0.5 gm.
Saturated fat: 0 gm.
Cholesterol: 0
Sodium: 110 mg.
Carbohydrate: 38 gm.
Sugar: 26 gm.
Protein: 9 gm.

Diebetic Exchange:

2 fruit
1 milk

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