

KYLIE'S WLS FRIENDLY EGG NOG

Ingredients

- 5 cups light vanilla soymilk
- 1 package (1 oz) Jell-o vanilla sugar free, fat free instant pudding mix
- 6 packets Splenda
- 1 tsp. rum extract
- ½ tsp. ground nutmeg

Directions

1. In a blender, combine all ingredients and blend on high until mixed thoroughly.
2. Refrigerate for a few hours to allow to thicken.

Yield: 5- 1 cup (8 oz) servings

Calories: 88

Fat: 1 g

Protein: 6 g

Carbs: 6.5 g



DENISE'S SUGARFREE EGG NOG

Ingredients

- 4 cups skim milk
- 1 cup fat free egg substitute (like EggBeaters)
- 3 Tbsp. Jell-o vanilla sugar free fat free instant pudding mix
- 6 packets Splenda
- 2 tsp. vanilla extract
- ½ tsp. ground nutmeg

Directions

1. Place all ingredients in the blender and blend for 30-60 seconds or until smooth.
2. Chill for several hours.
3. Shake or stir eggnog well to blend.
4. Serve in glasses or mugs.

Yield: 5- 1 cup (8 oz) servings

Calories: 97

Fat: 0 g

Protein: 11 g

Carbs: 11 g



RECIPES



For eating well
after bariatric
surgery

A 1-cup serving
of typical Egg
Nog packs in
320 calories,
and 14 grams
of fat!

To view more recipes or submit your own, visit
www.mushealth.com/weightlossurgery