



Not-A-Nog

An ICTC CART Healthy Choice variation on the classic Egg Nog

INGREDIENTS:

1 Cup Non-fat Yogurt
1 Cup Fat Free Milk
½ Granulated Splenda
½ Teaspoon Baking Soda
2 oz Water
1 Teaspoon Vanilla
¼ Teaspoon Nutmeg
¼ Teaspoon Cinnamon

INSTRUCTIONS:

- 1 Boil the Vanilla in the 2 oz. of water to remove the alcohol taste
- 2 In a bowl, thin the yogurt by whisking the milk into it
- 3 Add the rest of the ingredients and whisk well
- 4 The mixture will foam because the baking soda will neutralize the acid in the yogurt – which in turn removes the sour tang of the yogurt.