

CREAMY EGGNOG DESSERT DIP

Creamy Eggnog Dessert Dip

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1/4 cup dip)

Nutrition (per serving)

Calories: 98	Total Carbohydrate: 14
Total Fat: 2.5 g	Dietary Fiber: 0 g
Saturated Fat: 2.5 g	Protein: 2 g
Sodium: 176 mg	

Ingredients

- 1 ounce instant sugar free, fat free vanilla pudding mix (dry)
- 2 - 6 ounce containers light, fat free vanilla yogurt
- 8 ounce tub lite whipped topping
- ½ teaspoon cinnamon
- 1/8 teaspoon nutmeg
- ¼ teaspoon vanilla extract
- 1/8 teaspoon rum extract

Directions

1. Combine all ingredients with an electric mixer in a medium bowl.
2. Serve with regular or gluten free graham crackers.