

EGGNOG RECIPES

Eggnog Crème

2 scoops FFL Eggnog
6 oz. Diet Crème soda
4 oz. water and ice
1 tsp. Vanilla extract
1 tsp. FFL Rum extract (optional)
Blend for delicious, smooth eggnog
drink with a little zip to it!

Rum Buttered Eggnog

2 scoops FFL Eggnog
6 oz. Hot water
1 tsp. each vanilla, rum, & butter extract
1 packet Equal.
Blend and enjoy! This is a wonderfully
warm, comforting drink on a cold night.

For a traditional eggnog drink, add
brandy or rum extract to taste, blend and
sprinkle nutmeg on top.

Make an Eggnog drink with nonfat or 1%
milk for children and teens—or for those
that do not need to reduce their weight.