



## Pumpkin-licious Nog



1/5th of recipe (about 1 cup): 110 calories, 2g total fat (0g sat fat), 344mg sodium, 16g carbs, 2g fiber, 6.5g sugars, 6g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Prep:** 5 minutes

**Chill:** 3 hours



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

## Ingredients

5 cups light vanilla soymilk  
One 4-serving box Jell-O Sugar Free Fat Free Vanilla Instant pudding mix  
6 no-calorie sweetener packets  
2/3 cup canned pure pumpkin  
1 tsp. rum extract  
1/2 tsp. ground nutmeg  
1/2 tsp. pumpkin pie spice  
1/4 tsp. cinnamon  
Optional topping: additional cinnamon

## Directions

Combine all ingredients in a blender, and blend at high speed until smooth.

Transfer to a pitcher, cover, and refrigerate until thickened, at least 3 hours. Mmmmm!

MAKES 5 SERVINGS

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.