**Banana Nog**

Banana gives a rich texture to this no-fat alternative to traditional egg nog.

4 bananas, peeled  
1 ½ cups skim milk  
1 ½ cups plain nonfat yogurt  
¼ teaspoon rum extract ground nutmeg

Add all ingredients except nutmeg to blender or food processor. Puree until smooth. Pour into 4 fancy serving glasses and top each with a pinch of nutmeg.

**Other healthy variations of Nog:**
Pumpkin: add 1 cup pumpkin in place of bananas plus 1 teaspoon pumpkin pie spice and ¼ cup sugar  
Berry: add 2 cups of berries in place of the bananas plus 2 tablespoons of sugar.  
Vanilla: omit bananas and substitute vanilla flavored yogurt in place of plain yogurt and add 1 tablespoon vanilla extract

Serves 4

**Nutritional Information per 1 cup serving:**

Calories: 200  
Fat: 0.5 gm.  
Saturated fat: 0 gm.  
Cholesterol: 0  
Sodium: 110 mg.  
Carbohydrate: 38 gm.  
Sugar: 26 gm.  
Protein: 9 gm.

Diebetic Exchange:  
2 fruit  
1 milk