



## 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

**Prep:** 5 minutes

**Chill:** 3 hours



More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.  
\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.