



Creative Juices  
Consulting

## Quick Holiday Nog

**Four bananas**

**1-1/2 cups unsweetened almond milk**

**1-1/2 cups plain nonfat yogurt**

**1/4 teaspoon rum extract,**

**1 teaspoon honey**

**Dash ground nutmeg.**

**Dash cinnamon**

**Ice**

### **Directions:**

**Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.**