






beauty foods™

Holiday Milk Punch

Perfectly sweetened, this rum and brandy blend is topped with grated nutmeg

Product Used In This Recipe:
[Vanilla Dream Beauty Blend](#)



4-8 hrs  2 servings  222 cal 

Ingredients:

2 tsp stevia
¼ cup dark rum
¼ c brandy
2 packets of Vanilla Dream Nightly Beauty
2 cups fat free milk
Grated nutmeg (optional)

Directions:

Mix stevia, rum, brandy, and Vanilla Dream in a pitcher until the stevia is dissolved. Add milk and freeze until very cold or even slushy (4-8 hours). Pour into glasses and grate nutmeg (or sprinkle ground nutmeg) on top, if desired.

Nutrition Facts:

Calories 222, calories from fat 2, cholesterol 5mg, sugar 17.5g, sodium 103mg, 8.3g protein

