

Knockout Milk Punch

Totals are for a 6 oz mug:

Calories 115 Fat 0g Fiber 0g Carbs 7g

What you'll need:

1 Quart fat free milk

1 T Vanilla extract

1 Cup bourbon (or less. Calories here are calculated using one cup)

¼ Cup Splenda (use your own judgment here. This may be too sweet for some)

Nutmeg

(If you plan to serve this hot you'll need a crock-pot)

Let's get to cooking!

1. Pour fat free milk into a pitcher that you can store in your fridge.
2. Add vanilla extract, bourbon and Splenda then stir and store in the fridge overnight (You can make this last minute but it really is tastier if it is allowed to sit overnight).
3. When serving pour over ice into a mug or punch cup and lightly sprinkle with Nutmeg.

This is a wonderful festive treat for a Sunday Brunch and is a great drink for guests or family during Thanksgiving and Christmas who drop by. But this is a strong drink – so if someone drops by for this – you might need to keep their car keys!

OPTIONAL

A twist on this recipe is to pour all of your liquids into a crock-pot and serve this HOT! If you do this I suggest adding some nutmeg while it is heating up, before serving. The nutmeg and bourbon give your home such a warm intoxicating aroma. You now have a great hot toddy!

Loving a GREAT delicious drink inspired this **Kitty's Lighter Weigh** recipe!