[](http://www.smoothieweb.com/wp-content/uploads/2008/11/eggnog-smoothie.jpg)

Eggnog Smoothie

**Ingredients:**

* 2 cups eggnog
* 1 banana
* 1 cup nonfat vanilla yogurt
* 1/3 cup of 2% milk
* 2 cups of ice
* Pinch of nutmeg
* Pinch of cinnamon

Blend until the banana is part of creamy texture. Trust me, this is eggnog smoothie is delicious!