



## Healthy Holiday Egnog



The holiday season is upon us once again and what is a holiday gathering without a mug of eggnog? The downside to this holiday treat is that the traditional version is high in calories (*roughly 255 calories for a half-cup serving*) and very high in fat (*10g in that same serving*).

This year you can offer your guests a guilt-free version that is just as tasty as the original! Our version cuts the calories and fat almost in half without sacrificing the rich flavour. If you prefer your eggnog to be for an adult crowd, you can certainly add 2oz of brandy or rum to this recipe but be careful as the alcohol will add extra calories to this holiday treat.

### Ingredients

4 cups whole milk  
1 can (12 oz) of evaporated low-fat milk  
½ cup sugar  
¼ tsp ground cinnamon  
1/8 tsp ground nutmeg  
6 large eggs  
1 tsp vanilla extract

**TIP:** You can add 2oz brandy or rum to this recipe if you prefer; however, be aware that you will be increasing the calorie count by an additional 10 calories per serving.



### Preparation

1. Place milk and evaporated milk in a large saucepan. Bring to a simmer over medium heat.
2. Combine sugar, cinnamon, nutmeg and eggs in a large bowl. Gradually, add hot milk to egg mixture, stirring constantly with a whisk. Return milk mixture to a pan; cook over medium-low heat until thick (about 8 minutes), stirring constantly.
3. Pour into a bowl; stir in vanilla (& brandy or rum, if desired). Press plastic wrap onto surface of eggnog and chill 8 hours or overnight. Makes twelve ½ cup servings.



### Nutrition (per serving)

142 calories, 5.6g fat (2.7g sat, 1.6g mono), 15g carbohydrates, 7.6g protein

**Nutrition Bonus: Calcium 168mg**