



HOLIDAY EGG NOG

By Dr. Cindy Tanzar
(Special Occasions)

Nothing screams Christmas and the holiday season like egg nog! This recipe is an extremely rich, velvety and smooth custard-based drink. Whether you drink it cold or warm, this treat is sure to be a favorite year after year. Since there is no sugar, you can enjoy this drink without the fear of falling back into the sweets craving cycle again. This recipe does not fit into the weight loss checklist. It is to be considered a special occasion treat for those on the plan or in maintenance. It is truly luscious!

Makes 2 servings.



INGREDIENTS

- 2 cups unsweetened almond milk
- 2 cups organic heavy cream
- 1 cinnamon stick or 1/2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 6 pastured egg yolks



1/2 cup Confectioner's Swerve or Lakanto Monkfruit
2 tsps. pure vanilla extract

INSTRUCTIONS

Add almond milk, heavy cream, cinnamon and nutmeg to a large saucepan and simmer for 10 minutes to infuse the spices. Remove from heat and set aside.

Add egg yolks and Swerve/Monkfruit to a large bowl. Using beaters or a whisk, beat them together until light and fluffy with most of the sweetener having dissolved.

Gradually "temper" the hot cream mixture into the egg mixture. Tempering means to add the hot liquid – a very little at a time - while beating constantly to avoid scrambling your eggs. I would add one Tablespoon at a time until the egg mixture is warm enough to add the rest of the cream (close to half the mixture). Then you can pour the rest of the hot cream safely to mix well.

Return mixture back to the large pan and cook over medium-low heat for 8-10 minutes (or to 160°F). Mixture should be thick enough to nicely coat the back of a wooden spoon. Stir in vanilla and mix.

The eggnog will continue to thicken while chilling. Once chilled, you can always thin it out with more almond milk if you like it thinner.