

Egg Nog

PREP TIME

25 min

TOTAL TIME

205 min

Nutrition Information Per Serving

Makes 8 servings

FAT	PROTEIN	CARBS	CALORIES
12g	7g	8g	207

Ingredients

6 large eggs

2 large egg yolks

1/4 cup granulated erythritol

1/4 tsp salt

4 cups unsweetened almond milk

1 Tbsp vanilla extract

20 drops stevia extract

1/2 tsp ground nutmeg

1/2 cup heavy cream

Whiskey, rum or brandy (or liqueur of your choosing)

Instructions

1. In a large saucepan, whisk eggs, yolks, erythritol and salt together.
2. Slowly add almond milk and whisk until well combined.
3. Cook mixture over low heat while stirring constantly until the mixture reaches a temperature of 170F, about 15-20 minutes.
The mixture should be thick enough to coat the back of a spoon.
4. Strain egg mixture into a large bowl. Add vanilla, stevia and nutmeg and stir.
5. Cover tightly with plastic wrap and chill for a minimum of three hours.