



Taste What's Cooking

Real Goodness™ Eggnog

Preparation Time: 5 minutes

Cook Time: 15 minutes

Chill Time: 2 hours

Makes: 7 (2/3-cup) Servings

Ingredients

- 4 eggs, yolks separated
- ½ cup sugar + 2 teaspoons
- 3 cups Real Goodness™, 2% Lactose Free Milk
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 teaspoons vanilla extract
- 3 ounces rum (optional)

Directions

1. Using a mixer or whisk **BEAT** the egg yolks. Slowly **BEAT** in the sugar and set aside.
2. In a medium saucepan, **COMBINE** milk and cinnamon. **HEAT** on low-medium heat until milk is steaming, but **NOT** boiling.
3. Slowly **LADLE** half of the steaming milk into the beaten eggs, **WHISK** continuously as you slowly **ADD** the milk.
4. **POUR** the mixture back into the saucepan and **RETURN** to low-medium heat, constantly **STIR RING** with a wooden spoon until the mixture begins to thicken, about 6 to 7 minutes. Do not boil or the mixture will separate.
5. **REMOVE** from heat and let cool. **WHISK** in nutmeg, vanilla and rum. **CHILL** for 2 hours.
6. **BEAT** egg whites with two teaspoons of sugar until soft peaks form.
7. **FOLD** egg whites into chilled eggnog – combine well.
8. **SERVE** chilled with a sprinkle of cinnamon and nutmeg on top.

Nutrition Facts:

158 Calories; 3 grams Fat; 1.5 grams Saturated Fat; 128mg Cholesterol; 26mg Sodium; 0 grams Dietary Fiber; 9 grams Protein