

# HOLIDAY EGG NOG

This recipe is best left for maintenance or special occasions.



## 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

## DIRECTIONS

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.