



## Holiday Eggnog

*Originating in England, eggnog is a traditional spiced holiday beverage in the United States. Usually high in saturated fat and sugar, this version uses a lower fat milk and less sugar. Adding a citrus zest infuses the eggnog with more flavor and adds a nice twist.*

*Don't skip the nutmeg though; it is essential!*

Yield: 6 servings; ½ cup per serving

### Ingredients:

- 3 cups nonfat or 2% milk (almond or oat milk also work nicely)
- 2 large strips orange or lemon zest
- 1 inch cinnamon stick or ¼ tsp ground cinnamon
- 2 large eggs
- 1/3 cup sugar
- 1 tsp. cornstarch
- 1 tsp. vanilla extract
- Freshly grated nutmeg, for garnish

### Directions:

1. Combine 2 ½ cups milk, the citrus zest and cinnamon stick (or ¼ tsp. ground cinnamon) in a medium saucepan and bring to a simmer over medium heat. Meanwhile, whisk the eggs, sugar and cornstarch in a medium bowl until light yellow.
2. Gradually pour the hot milk mixture into the egg mixture, whisking constantly, then pour back into the pan. Place over medium heat and whisk constantly until the eggnog begins to thicken, about 8 minutes. Remove from the heat and immediately stir in the remaining 1/2 cup milk to stop the cooking. Add the vanilla extract and mix well. Transfer the eggnog to a large bowl and place over a larger bowl of ice to cool, then chill until ready to serve.
3. Remove the zest. Garnish with nutmeg.

Recipe notes: For an adult drink, bourbon or rum can be added before serving.

### Nutrition Info per serving:

Calories: 130, Saturated Fat: 2.1g, Sodium: 82mg, Added Sugars: 10.8g, Fiber: 0g, Protein: 6.2g

Adapted from:

<https://www.foodnetwork.com/recipes/food-network-kitchen/low-fat-eggnog-recipe-1973060>