

# Happy Holidays from Dr. Rogers Centers

Stay WARM for the holidays. Try this low-carb, dairy-free Egnog! It will meet your Eggs...pectations!



## Low Carb Almond Milk Egnog

Yield: 8 servings

Serving Size: About 3/4 cup

Exchanges:

Egnog w/o Alcohol= 2 fat servings + ½ oz. protein

1 shot (1.5 oz.) liquor of choice= 2 fats (~75-100 calories)

Nutrition Facts: 123kcal, Total fat: 9.76g, Calories from fat: 87  
Cholesterol: 159mg, Carbohydrate: 1.48g, Total dietary fiber: 0.53g, Protein: 4.63g, Erythritol: 15g

### Ingredients

- 4 large eggs
- 2 large egg yolk
- ¼ tsp **liquid stevia extract** (may use other sugar substitute)
- ¼ tsp salt
- 4 cups unsweetened almond milk
- 2 ½ tsp vanilla extract, divided
- ½ tsp ground nutmeg
- ½ cup whipping cream (use coconut whipped cream for dairy-free)

Alcohol Choice: Whiskey, rum, or brandy.

### Directions:

1. Whisk eggs, yolks, sweetener and salt together in a large saucepan. Slowly whisk in almond milk until well combined. Using a candy thermometer, cook mixture over low heat while stirring constantly, until it becomes thick enough to coat the back of a spoon and registers 165F (this can take up to 15 minutes).
2. Stir in 2 tsp vanilla and nutmeg. Cover tightly with plastic wrap and chill for at least three hours and up to 2 days.
3. Just before serving, whip cream with powdered sweetener and remaining vanilla into soft peaks and gently fold into the egg mixture. Add 1.5 oz. liquor or liqueur to each glass and pour eggnog over. Stir gently and sprinkle with grated nutmeg.

Source: <http://alldayidreamaboutfood.com>