

# Ideal<sup>®</sup> Eggnog Servings: 8

## Ingredients

6 c nonfat milk  
1-12 oz can evaporated skim milk  
1 c Ideal<sup>®</sup> No Calorie Sweetener  
1 tsp ground nutmeg  
1 ¼ c egg substitute  
2 TBS pure vanilla extract  
1 c dark rum or 1 TBS rum flavoring

## Directions

1. Whisk together the nonfat milk, evaporated milk, Ideal<sup>®</sup> No Calorie Sweetener, nutmeg and egg substitute in heavy saucepan
2. Warm over very low heat, stirring constantly until the mixture reaches 160° F (70° C) about 10 min
3. Pour eggnog through a strainer, stir in vanilla and refrigerate until chilled about three hrs
4. Just before serving, stir in rum or rum flavor

**Tips: You can use almond or soymilk as well as pumpkin spice for a tasteful twist on this traditional holiday beverage.**



Per Serving: 132 Calories; 9 g Protein; 0 g Total Fat; 23 g Carbohydrates; 0 g Fiber; 15 g Sugar; 354 mg Calcium; 0 mg Iron; 132 mg Sodium; 5 mg Cholesterol