

Sugar Free Eggnog

Serves 8:

Ingredients

- 6 large eggs
- 2 large egg yolks
- ¼ cup Natvia
- 4 cups unsweetened Almond milk
- 1 tbsp. vanilla extract
- ¼ tsp. salt
- 20 drops of stevia extract
- ½ tsp. ground nutmeg
- ½ cup heavy cream chilled
- Whiskey, Rum or Brandy (or whatever liqueur you like see some suggestions below)



Instructions

1. Whisk eggs, yolks, Natvia and salt together in a large saucepan.
2. Slowly whisk in almond milk until well combined. Cook mixture over low heat while stirring constantly, until it becomes thick enough to coat the back of a spoon (15 – 20 minutes).
3. Strain egg mixture into a large bowl and stir in vanilla, stevia and nutmeg, cover tightly with plastic wrap and chill for at least 3 hours and up to 2 days.
4. Just before serving, whip cream into soft peaks and gently fold into the egg mixture.
5. Add 1oz of liquor or liqueur to each glass and pour eggnog over stir gently and sprinkle with grated nutmeg.

Almond milk makes this Christmas treat a little more diabetic friendly...

And I was thrilled to discover that it tastes just like the dairy version!

To add some different flavours to your eggnog, try some Butterscotch Snaps for a butterscotch flavour, Bailey's Chocolate for a chocolate flavour, Kahlua for a coffee flavour and Frangelico will give a nice hazelnut flavour