


The logo for Beauty Foods, featuring a large, light grey 'bf' monogram in the background and the words 'beauty foods' in a pink, lowercase, sans-serif font in the foreground.

Low Fat Egg Nog


Pamper yourself with our Madagascar vanilla version of your favorite holiday drink

Product Used In This Recipe:
[Vanilla Dream Beauty Blend](#)



8 ½ hrs 

2 servings 

208 cal 

Ingredients:

- 2 cups skim milk
- 1 dash freshly grated nutmeg
- 2 packets Vanilla Dream Nightly Beauty
- 1 large egg
- 2 tsp stevia
- 1 Tbsp all-purpose flour
- 1 dash salt
- 1/4 cup brandy, bourbon or rum

Directions:

Bring milk and nutmeg to a simmer in a heavy medium saucepan over low heat, stirring occasionally.

Whisk Vanilla Dream, eggs, stevia, flour and salt in a large bowl until smooth. Whisking constantly, gradually add hot milk and return mixture to saucepan. Cook the eggnog over very low heat, stirring constantly, until thick enough to coat the back of the spoon, 10 to 15 minutes. (Temperature must reach 160°F; do not let eggnog come to a simmer.) Remove from the heat and pour through a fine-

meshed sieve into a bowl. Whisk in brandy (or bourbon or rum). Place a piece of plastic wrap directly on the surface of the eggnog and refrigerate until chilled, for at least 8 hours or overnight.

Nutrition Facts:

Calories 208, calories from fat 25, cholesterol 98mg, sodium 138mg, sugar 17.7g, protein 11.8g