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Healthy Holiday EggNogg

EGG ALTERNATIVE - "Egg Beaters"	2 cups
GRANULATED SUGAR*	3/4 cup
RUM EXTRACT	2 tbsp
VANILLA EXTRACT	1 tbsp
SKIM MILK	2 fl quarts
WHIPPING CREAM (Kraft, Cool Whip FREE)	2 cups
NUTMEG, GROUND - ground (for garnish)	

1. In a large bowl, whisk together egg product, sugar (or splenda), rum extract, and vanilla until well-combined, and sweetener is dissolved. Stir in milk, whisk in whipped topping until well blended.
2. Cover and refrigerate at least 2 hours to allow flavors to blend and mixture to chill.
3. Just before serving, whisk again. Sprinkle each serving with nutmeg, if desired.

Makes 12, 1-cup servings



Nutrient Analysis per serving:

Calories: 156
Protein (g): 9.5
Carbohydrate (g): 26
Fat (g): 0.35
Saturated Fat (g): 0.19
Cholesterol (mg): 3.26
Sodium (mg): 158
Total Dietary Fiber (g): 0
Calcium (mg): 214

Diabetic Exchanges for Single Serving:

2 Carbohydrates

**Note: Can replace sugar with 1/2 cup splenda for people with diabetes, or if trying to reduce sugar intake. This will alter nutrient analysis by: Calories 107; Carbohydrates 14.5 grams; Diabetic Exchanges for single serving: 1 Carbohydrate*