HOME-MADE EGG NOG

INGREDIENTS

6 large egg yolks

1/3 cup Swerve

1 ½ cups unsweetened almond milk

1 ½ cups heavy cream (or canned coconut milk)

½ tsp nutmeg

½ tsp cinnamon

1 cup Jack Daniels or Captain Morgan’s Rum

1 tsp vanilla extract

DIRECTIONS

\*Beat the yolks, until light yellow in color.

\*Add Swerve gradually, until dissolved. Set aside.

\*Bring almond milk, cream, cinnamon and nutmeg to

a simmer. Remove from heat and add vanilla.

\*Whisking constantly, pour the hot milk mixture into the bowl with the yolks in a slow stream.

\*Pour mixture back into the saucepan. Heat over medium-low heat, whisking constantly, until the mixture thickens slightly.

Do not let it boil.

\*Add whiskey or rum

\*Pour into a bowl or pitcher, cover, and refrigerate until cold