

Eggnog

INGREDIENTS

- 6 large egg yolks
- ½ cup xes sweetener or [gentle sweet](#)
- 2 cups almond or cashew milk
- 1 cup heavy whipping cream
- ½ tsp vanilla extract
- ½ tsp of ground nutmeg
- Pinch of [mineral salt](#)
- ground cinnamon or nutmeg for topping
- Whisk eggs, sweetener, and salt together in a medium bowl until light and creamy.
- In a saucepan over medium heat, combine the milk, cream, nutmeg, and salt. Stir often until the mixture just reaches a simmer and turn off the heat.
- One large spoonful at a time, add the warmed milk mixture to the egg mixture, stirring with each addition, to temper the eggs. Once you have added at least half of the milk mixture to the egg mixture you can put the entirety of both mixtures back into the saucepan on the stove.
- Turn the heat back to medium and warm the mixture, whisking constantly until it reaches 160 degrees F.
- Remove the mixture from the heat and stir in vanilla.

- Pour the eggnog through a fine mesh strainer to remove any lumps and place in a covered container in the refrigerator.
- Enjoy with a sprinkle of cinnamon or nutmeg.