

Eggnog Hot Cocoa



Servings: 2

1 cup eggnog

1 cup milk

1 tablespoon cocoa powder

1 tablespoon sugar

1 teaspoon vanilla extract

1 pinch nutmeg

1 pinch salt

To a small sauce pan add eggnog, milk, unsweetened cocoa powder, sugar, vanilla extract, ground nutmeg, and salt.

Heat over medium-high heat whisking until combined. Heat until the sugar dissolves and the mixture begins to simmer.

Remove from the heat and divide between 2 mugs.

Top with desired toppings.

Serve

Per Serving (excluding unknown items): 217 Calories; 9g Fat (39.5% calories from fat); 10g Protein; 23g Carbohydrate; trace Dietary Fiber; 87mg Cholesterol; 194mg Sodium; 23g Total Sugars; 2mcg Vitamin D; 304mg Calcium; trace Iron; 374mg Potassium; 241mg Phosphorus.

Exchanges: .