

Jana's Recipe



Get ready for the holiday season! Homemade Egg Nog:

6 eggs

1 cup heavy cream (35% or greater)

1 cup water

1 tbsp vanilla

1/8 tsp nutmeg

Sugar to taste - Xylitol is the best!

Blend ingredients until frothy and serve! Add spiced or dark rum as desired.

Makes about 1 liter of egg nog

Tip: if you like pouring it over ice, you can increase the cream and reduce the water for a creamier nog