



## HEALTHY MAKEOVER EGGNOG

**SERVINGS:** 13 – ½ cup servings    **CALORIES PER SERVING:** 105    **PREP TIME:** 5 minutes    **COOK TIME:** 15 minutes    **TOTAL TIME:** 20 minutes

### INGREDIENTS

- 3 large eggs
- 3 large egg whites
- 5 ½ cups lowfat milk
- ½ cup sugar
- 2 tablespoons cornstarch
- salt
- 2 tablespoons vanilla
- ½ teaspoon ground nutmeg
- 1 cup dark Jamaican rum (optional)

### INSTRUCTIONS

In bowl, with whisk, beat eggs and egg whites until blended; set aside. In heavy 4-quart saucepan, with heat-safe spatula, mix 4 cups milk with sugar, cornstarch and 1/4 teaspoon salt. Cook on medium-high until mixture boils and thickens slightly, stirring constantly. Boil 1 minute. Remove saucepan from heat.

Gradually whisk 1/2 cup simmering milk mixture into eggs; pour egg mixture back into milk in saucepan, whisking constantly, to make custard.

Pour custard into large bowl; stir in vanilla, nutmeg, rum, if using, and remaining 1 1/2 cups milk. Cover and refrigerate until well chilled, at least 6 hours or up to 2 days. Sprinkle eggnog with nutmeg to serve.

### NUTRITION INFORMATION

One serving, not including rum - 97 calories; 2g fat; 14g carbohydrates; and 6g protein.

*Source: [goodhousekeeping.com](http://goodhousekeeping.com)*