



Low FODMAP Eggnog

Serves: 4-5

Prep: 60 minutes

Cook: 15 minutes



Stack Cup

Ingredients	Metric	Imperial
2 cups lactose free milk	515 g	18.2 oz
½ tsp cinnamon		
½ tsp nutmeg		
½ tsp vanilla extract		
6 regular egg yolks		
½ cup sugar	104 g	3.7 oz
1 cup lactose free cream	257 g	9.1 oz
1 cup whiskey	240 g	8.5 oz

Method

1. In a medium sized bowl, whisk the egg yolks with the sugar into the yolks are pale in colour.
2. In a small saucepan on low heat and stirring continuously, mix the milk, cinnamon, nutmeg and vanilla. Slowly bring the mixture to a simmer.
3. Slowly and in batches, add the hot milk mixture to the bowl with the egg yolks. Whisk well to combine.
4. Once all of the egg and milk have been mixed together, pour the mixture back into the saucepan over a low heat and cook until slightly thickened.
5. Remove saucepan from the heat and stir in whiskey and cream. Cover with a plastic wrap and place in the refrigerator to cool.
6. Once cool, serve and sprinkle with cinnamon or nutmeg.

Hints

- As an extra garnish - serve with whipped lactose-free cream on top!
- Simply remove the alcohol for those who would prefer a 'mocktail' style eggnog

Nutrition Information (per serve)	
Energy	2190 Kj / 523 cal
Protein	7.60g
Carbohydrates	30.10g
Sugar	29.70g
Total Fat	29.70g
Saturated Fat	17.50g
Fibre	0.20g