

## **Cold – Non Alcoholic Eggnog**

### **Ingredients**

- 2 eggs, beaten
- 1 1/2 tablespoons natural sugar free Xylitol
- 2 1/3 cups low-fat organic milk (if dairy free try 2 cups of coconut cream and 1/3 cup water)
- 1 teaspoon of real vanilla extract
- 1 dash of freshly ground nutmeg (put fresh nutmeg in a coffee grinder to get the freshest ground spice – YUM)

### **Directions**

1. Blend together eggs, Xylitol, milk, vanilla and nutmeg. Serve chilled.
2. You can use almond extract to taste like brandy, or a brandy favoured extract that is non-alcoholic for extra flavour.