

Low Fat Egg Nog



Ingredients:

- 4 cups nonfat milk
- 4 tablespoons lemon or orange zest
- 2 vanilla beans
- 4 large eggs plus 2 egg yolks
- 2 teaspoons cornstarch
- Fresh nutmeg, grated
- 12 cinnamon sticks
- 3/4 cup sugar

Instructions:

1. Combine 3 cups milk and the zest in a medium saucepan.
2. Split the vanilla beans (lengthwise and scrape out the seeds) add the seeds and pod to the saucepan and simmer over medium heat.
3. Whisk the eggs, egg yolks, sugar and cornstarch in a medium bowl until light yellow.
4. Gradually pour the hot milk mixture into the egg mixture. Make sure you whisk constantly.
5. Pour mixture back into the pan and place over medium heat.
6. Stir constantly with a wooden spoon until the eggnog begins to thicken, (around 8 minutes).
7. Remove from the heat.
8. Immediately stir in the remaining 1 cup milk to stop the cooking.
9. Transfer the eggnog to a large bowl and place over a larger bowl of ice to cool.
10. Refrigerate until ready to serve.
11. Remove the zest and vanilla pod.
12. Garnish with nutmeg and serve with a cinnamon stick.

Servings: 12 (1/2 cup size)



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