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Low-Fat Egnog & Variations

Ingredients:

1 cup white sugar
1/2 tsp cinnamon
1/4 tsp nutmeg
2 whole eggs
4 egg whites
2 cups skim milk
2 cups fat free half-and-half
2 tsp vanilla extract
1/2 cup rum or brandy (optional)

Instructions: Combine dry ingredients in medium mixing bowl. Add eggs and egg whites and beat together with wire whisk, manual egg beater, or electric mixer, about 4 minutes or until frothy and light. Warm skim milk over low heat in medium saucepan. When hot, gradually add egg mixture, stirring constantly, and continue to heat until consistency begins to change and thicken. Stir in vanilla, remove from heat, and allow to cool slightly before mixing in fat-free half-and-half, then cover and chill. When ready to serve, mix in liquor (if desired) and garnish with fresh ground nutmeg or whole cinnamon sticks.

Variations

Sugar-free: Substitute Splenda for sugar.

Fat-free: Substitute ½ cup Egg Beaters or similar egg substitute for 2 whole eggs, OR 3/4 cup Egg Beaters for both eggs and egg whites.

Non-alcoholic: Substitute 2 tsp rum extract for liquor, adding at the same time as vanilla extract.

Egless: Substitute 1 3.5-oz package instant vanilla pudding (sugar-free, if you like) for sugar, eggs, and vanilla extract.