

# Low-Fat Egg Nog



## Ingredients

- 2 cups (16 oz.) Better'n Eggs®\*
- 3 Tbsp. sugar
- 1/8 tsp. salt
- 3 cups Almond Milk
- 3/4 tsp. vanilla

## Instructions

- In a 2 quart saucepan combine Better'n Eggs or AllWhites®, sugar and salt. Slowly stir in milk. Cook over low heat, stirring frequently, until mixture is slightly thickened and coats back of spoon (about 20 minutes). Stir in vanilla.
- Immediately place saucepan into a large bowl of ice water. Stir for about 2 minutes until mixture is cooled. Cover; refrigerate this low-fat eggnog at least 2 hours.

<http://www.allwhiteseggwhites.com/recipes/low-fat-eggnog/> edited by: Rita Sartin