

Healthy Food for a Wealthy Mood

advice for **life**SM



High Protein Low Fat Eggnog

- 2 cups skim milk
- 1/2 vanilla bean, split and scraped
- 2 large eggs plus one egg yolk
- 1/4 cup fat-free sweetened condensed milk
- 1/2 teaspoon cornstarch
- 1/4 teaspoon grated nutmeg, plus more for garnish
- 1/8 teaspoon salt
- 1/4 cup white rum or bourbon (optional)

Cooking Instructions

- In a medium saucepan, bring 1-1/2 cups of the milk and the vanilla bean pod to a simmer over medium heat. Whisk the eggs, egg yolk, condensed milk, cornstarch, nutmeg and salt in a bowl until light yellow.
- Gradually pour the hot milk mixture into the egg mixture, whisking constantly, then pour it back into the pan. Stir constantly over low heat with a wooden spoon until the eggnog begins to thicken, about 10 minutes.
- Remove from the heat and immediately stir in the remaining 1/2 cup of milk. Transfer the eggnog to a pitcher, cover and refrigerate for at least four hours or overnight.
- Remove the vanilla pod. Add alcohol if desired, and garnish with nutmeg.

Nutrition Facts

- Servings per recipe: 4. Calories per serving: 159; total fat, 5.3g; saturated fat, 2.3g; sodium, 200mg; total carbohydrates, 17.2g; total sugar, 16.7g; protein, 9.3g.





Catherine Stahl Scheuber, CRPC®
Chartered Retirement Planning Counselor
Financial Advisor
303-963-5705
Catherine.scheuber@lpl.com

 **LPL Financial**

Member FINRA/SIPC