# Holiday Eggnog

## Description

Enjoy this traditional eggnog recipe. Nothing bashful or low calorie about eggnog. Not to worry, nobody counts calories during the holidays.



## Summary

**Yield:** 8
**Prep Time:** 20 minutes
**Category:** Drinks
**Cuisine:** American

## Ingredients

- 6 egg yolks
- 6 egg whites
- 2 cups heavy cream
- 2 1/2 cups milk
- 1 cup bourbon or brandy
- 1/2 cup sugar
- 2 tsps ground nutmeg
- 1 tsp vanilla extract

## Instructions

In a mixing bowl, beat egg yolks with a mixer until thick and lemon colored, about 10 minutes. Gradually beat in sugar. Slowly stir in the bourbon (or brandy) and the rum. Mix thoroughly. Cover and chill the mixture in the refrigerator for about 6 hours.

30 minutues before you're ready to serve the eggnog, stir the milk into the chilled egg yolk and rum mixture. Stir in 1 tsp of nutmeg and the vanilla extract.

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In a separate bowl, beat the egg whites with a mixer until stiff peaks form. Gently fold the egg whites into the egg yolk mixture.

In a separate bowl, beat the cream with a mixer on high speed until the cream forms stiff peaks. Gently fold the whipped cream into the eggnog mixture.

To serve, ladle into cups, and sprinkle with nutmeg, cinnamon or shaved chocolate on the top for garnish.