

Egg Nog, Cooked

Prep Time: 1 Hr 10 Min **Cook Time:** 20 Min **Total Time:** 1 Hr 30 Min
Serves 4

Ingredients

- 2 Cups Coconut milk, full-fat canned
- 2 Cups Vanilla Almond milk
- 1/2 cup Maple Syrup (Phase 3 - sweeten with Stevia to taste)
- 4 Egg yolks
- 1 Cinnamon stick
- 3 Cloves, whole
- 3 Allspice, berries
- 1 tsp Nutmeg, ground

Instructions

- 1 In large pot, warm milk and maple syrup (or stevia) with spices, over medium heat, about 5 minutes.
- 2 In mixing bowl, whip egg yolks until evenly light yellow.
- 3 Whisk constantly. Spoon about two cups of warmed milk into the egg yolks. This will temper the egg so that it doesn't scramble when it hits the heat.
- 4 Pour the warmed egg yolks in the the pot of milks and whisk to combine.
- 5 Continue to heat for another 5 minutes, but don't boil. Boiling will curdle the whole batch. Don't heat above 160 degrees F. Use a candy thermometer to maintain temperature.
- 6 Remove from heat and strain out whole spices. Whisk in nutmeg.
- 7 Chill in fridge for at least 1 hour.
- 8 Top with a dash of nutmeg upon serving.

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