



Classic Cooked Egnog

(Serving Size: 1½ quarts or 12 (1/2-cup) servings):

Ingredients

- 6 eggs
- 1/4 cup sugar
- 1/4 teaspoon salt, optional
- 1 quart 2 percent milk, divided*
- 1 teaspoon vanilla garnishes or stir-in, optional

Directions:

1. In large saucepan, beat together eggs, sugar, and salt.
2. Stir in 2 cups of the milk.
3. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160°F.
4. Stir in remaining 2 cups of milk and vanilla.
5. Cover and refrigerate until thoroughly chilled, several hours or overnight.
6. Just before serving, pour into bowl or pitcher.
7. Garnish or add stir-ins, if desired.
8. Serve immediately.

Garnishes and stir-ins

- Cinnamon sticks
- Orange slices
- Peppermint sticks or candy canes
- Whipping cream, whipped

Nutrition Facts:

Calcium	105 mg
Calories	64
Carbohydrates	8.5 g
Cholesterol	6 mg
Fats	1.5 g
Sodium	243 mg
Saturated fat	1 g
Sugar	8g

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