

Traditional Eggnog

Ingredients

1 egg, well beaten
1-2 tablespoons sugar or maple syrup
1 cup chilled milk
1/4 teaspoon vanilla
Nutmeg, optional
1/8 teaspoon rum flavoring or splash of rum, optional

Directions

Whisk egg and sugar (or syrup) together. Blend in milk and vanilla. Serve cold in a tall glass sprinkled lightly with nutmeg, if desired. Serve immediately. Makes one serving.

Hot Eggnog

Ingredients

4 eggs, separated
1/2 cup sugar or maple syrup, or less, to taste
1/4 teaspoon milk
3 cups milk
1 teaspoon vanilla
3 tablespoons sugar

Directions

In large saucepan blend egg yolks, 1/2 cup sugar and salt. Beat in milk until thoroughly blended. Cook over medium heat, stirring constantly until heated through and bubbles form around the edge. Don't overcook - you'll get egg chunks. Add vanilla.

Beat egg whites until frothy. Gradually beat in 3 tablespoons sugar, a little at a time. Beat until stiff and glossy (think meringue). To serve, fill cups half full with meringue. Pour hot eggnog over meringue. Sprinkle with nutmeg, if desired. Makes 12 servings.

Dairy Free Eggnog

Ingredients

1 can whole coconut milk (I prefer Thai Kitchen Organic)
4 egg yolks
1 teaspoon pure vanilla extract
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
1 tablespoon maple syrup
2 tablespoons brandy (optional)

Directions

Place all ingredients in a blender or food processor and blend until frothy. Makes 2 servings.

Probiotic Eggnog

Ingredients

1 cup plain milk [kefir](#)
1/8 teaspoon nutmeg
5-7 drops liquid vanilla stevia or 1/8 teaspoon vanilla and

sweetener to taste
1 egg or egg yolk

Directions

Whisk all ingredients together and serve cold. Makes one serving.

Chocolate Eggnog with Cocoa

Ingredients

1 cup milk or 1/2 cup milk, 1/2 cup cream
3 tablespoons cocoa
1-2 tablespoons maple syrup
1/4 teaspoon cinnamon
1 small/medium egg

Directions

Whisk all ingredients together in a small saucepan. Warm gently on low heat, stirring frequently, until heated through. Makes one serving. Alternatively, may be served cold by blending all ingredients until well mixed.

Warm Chocolate Eggnog with Dark Chocolate

Ingredients

1 cup milk or 1/2 cup milk, 1/2 cup cream
1 ounce dark chocolate, preferably organic, broken into pieces
Dash of vanilla
1 small/medium egg, beaten
whipped cream, optional

Directions

Place 1/2 cup milk and chocolate pieces into a small saucepan. Heat gently until chocolate is melted, stirring frequently. Add the rest of the milk or cream, vanilla and egg. Heat through, serve warm. Top with whipped cream if desired. Makes one serving.

For those who are avoiding eggs, an eggless nog recipe that doesn't use instant pudding mix.

Eggless Eggnog

Ingredients

1 cup almond milk (or other non-dairy milk)
1 medjool date, pit removed
1/4 teaspoon vanilla extract
1/4 teaspoon rum extract
2 teaspoons chia seeds
dash of nutmeg
dash of cinnamon

Directions

Place all ingredients except nutmeg and cinnamon in a high powered blender. Blend well. Let rest ten minutes to allow chia seeds time to gel. Blend until frothy, pour into serving glass and sprinkle with spices. White chia seeds are great if you have them to make a lighter eggless nog, but regular chia will work just fine.