

# Cain's Corner

MARY ALICE CAIN, M.S., R.D., L.D.

Nutrition Tips from USAPEEC's  
Registered Dietitian



## Holiday Egg Nog

12 large **pasteurized\*** eggs, yolks separated

1 lb sugar

3 pints half & half

*Adult version:* 3 cups bourbon/brandy/rum or any other liquor of preference

1 tsp fresh nutmeg

pinch of salt

1) Whisk together the egg yolks and sugar in a large bowl until fully blended.

2) In a separate bowl, mix together the half & half and alcohol (if desired).

3) Grate the nutmeg into half & half mixture and add the salt, then stir.

4) Gradually add the half & half mixture to the yolk mixture, whisking after each addition until fully mixed.

5) Refrigerate until ready to serve. Garnish with fresh nutmeg before drinking - Cheers!

*This recipe makes just under one gallon of egg nog so it will last you through the holiday season!*

*\*Be sure to use pasteurized eggs in this recipe as no cooking is involved. Save the egg whites for making meringes!*

**Here at Cain's Corner we try to keep things healthful and balanced by showing you ways to "lighten up" a dish or incorporate more nutrients. With that, I am a major advocate for "everything in moderation" - there's no need to deny yourself a delicious treat here and there! This decadent egg nog recipe let's you do just that.**

