

EGGNOG

INGREDIENTS

2 egg yolks	4 tbsp brandy, rum or bourbon optional
1/2 tsp honey or stevia to taste	1 cup heavy whipping cream
1 orange, juiced and zested	1 pinch nutmeg
1/4 tsp vanilla	

PROCEDURE

Whisk egg yolks, honey or sweetener and vanilla until the mixture is fluffy. Add some orange zest. A fourth of an orange peel zested is enough for a distinct orange flavor.

Add four tablespoons orange juice and or liquor. Mix well.

Whisk the cream and carefully stir down into the egg batter.

Pour into glasses and let chill for 15 minutes so the eggnog has time to develop taste and consistency.

Sprinkle nutmeg on top and serve.