

Eggnog spice latte



 15 min.  208 kcal  SteviaSweet Liquid

Preparation

Separate the egg whites and yolks into two bowls. Bring the milk, cream, two cinnamon sticks and ground vanilla to the boil in a pot. Add the hot milk-cream mixture to the egg yolks while stirring constantly and mix together well. Add the [SteviaSweet Liquid](#), brandy and rum. Mix together well and then allow to cool in the refrigerator.

Finally, remove the cinnamon sticks and beat the egg whites into a foam immediately before serving. Fold around half of the whipped egg white into the eggnog and keep the rest for garnishing. Pour the eggnog into six glasses, decorate with dollops of whipped egg white and sprinkle with ground cinnamon or grated nutmeg.

You can also enjoy the drink warm!

Ingredients for 6 servings

2	eggs
300 ml	milk
200 ml	cream (38%)
2	cinnamon sticks
1/2 tsp	ground vanilla
1 tsp	SteviaSweet Liquid
50 ml	brandy
50 ml	dark rum

Serve with

ground cinnamon
or/and
ground nutmeg

Nutritional information per portion

208	kcal
873	kJ
4.5	g Protein
3.5	g Carbohydrates
15.5	g Fat