

Thirsty Thursday



Healthier Holiday Eggnog

Ingredients:

- 2 cups milk (dairy or plant-based)
- 2 eggs
- 2–3 tbsp maple syrup or honey
- 1 tsp vanilla extract
- ½ tsp nutmeg
- ¼ tsp cinnamon
- Optional: ¼ cup light cream or coconut milk for creamier texture



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Nutrition Highlights:

- Lower in sugar than traditional eggnog
- Provides protein from eggs
- Milk adds calcium + vitamin D
- Spices like nutmeg and cinnamon offer antioxidants

Instructions:

1. In a medium saucepan, whisk together eggs, maple syrup, vanilla, nutmeg, and cinnamon.
2. Slowly add milk while whisking continuously.
3. Heat over medium-low, stirring constantly, until mixture thickens slightly (do not boil).
4. Remove from heat and let cool slightly.
5. Optional: Stir in light cream or coconut milk for extra creaminess.
6. Serve warm or chilled, sprinkle with extra nutmeg or cinnamon on top.