

DEBORAH A. KLEIN, MS, RD

1120 S. Robertson Blvd., Suite 305
Los Angeles, CA 90035



(310) 247-0018
Fax: (310) 247-0028

Email: Deborah@livitian.com
www.livitian.com

LOW-FAT EGGNOG!

Ingredients:

1 cup organic "Sucanat" (natural sugarcane)
4 egg whites
½ teaspoon salt
1/3 cup water
¼ teaspoon cream of tartar
4 cups organic skim milk
2 teaspoons vanilla extract
½ to 1 cup brandy or rum
Dash of Nutmeg

Directions: Combine sugar, egg whites, water, and cream of tartar in a large non-aluminum metal bowl. Whisk to blend. Set bowl over a pan of simmering water, please make sure, the bowl does not touch the water. Beat with an electric mixer on medium about 10 minutes, until the mixture is very thick and fluffy. Continue to beat 3 more minutes; remove from heat and beat until mixture has cooled slightly. Pour milk and vanilla into another large bowl. Add egg white mixture and brandy or rum; combine gently with a whisk. Serve chilled and dusted with nutmeg.

Total servings: 8

Nutrition Analysis **per serving:**

216 calories, 31 grams Carbohydrates, 6 grams Protein, <1 gram Fat