

## Low Carb Egg Nog

### Ingredients

6 eggs

4 cups milk, unsweetened soy milk or unsweetened almond milk

½ cup sugar substitute (liquid is best)

¼ cup brandy – optional

¼ cup rum – optional

Nutmeg

### Preparation

Put all ingredients in a blender and blend. Sprinkle with nutmeg.

Nutritional info will vary depending on the type of milk used and if the alcohol is added. Please journal accordingly~

Cheers!

