

Creamy Homemade Keto Eggnog

Hands-on 20 minutes Overall 2 hours

Nutritional values (per serving, about 150 ml/ 5 fl oz): Total carbs: 3 g, Fiber: 0.4 g,

Net carbs: 2.6 g, Protein: 3.4 g, Fat: 20.1 g, Calories: 275 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings, about 900 ml)

5 egg yolks

1/3 cup granulated [Erythritol](#) or [Swerve](#) (67 g/ 2.4 oz)

2 cups unsweetened [almond milk](#) or cashew milk (480 ml/ 16 fl oz)

1 cup heavy whipping cream (240 ml/ 8 fl oz)

1 tsp nutmeg

1/2 tsp [cinnamon](#)

1 tsp sugar-free [vanilla extract](#) (*you can [make your own](#)*)

3/4 cup dark rum (180 ml) - *or more if you like your eggnog boozy*

Optional: whipped cream, ground [cinnamon](#) or nutmeg on top

Note: For a dairy-free alternative, cream can be substituted with [coconut milk](#).

Instructions

1. Place the egg yolks in to a bowl.
2. Add the granulated Erythritol and whisk until creamy and frothy. Set aside.
3. Pour the almond milk into a sauce pan. Add the cream, nutmeg and cinnamon.
4. Bring to a boil over a high heat. Once foam starts to form, take off the heat.
5. While the milk is still hot, use a ladle to gradually temper the hot almond milk and cream mixture into the egg yolk and erythritol mixture.
6. When you have added about half of the almond and cream mixture, return everything into the pot with the remaining almond and cream mixture and cook until it reaches 70 C/ 160 degrees F (this will take 6-8 minutes).
7. Remove from the heat and pour into a medium mixing bowl (Optionally, strain through a fine mesh sieve to remove any pieces of cooked eggs and spices). Add the vanilla extract and dark rum.

8. Set in the refrigerator to chill. Store refrigerated for up to 3 days. Serve!

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