



## Holiday Eggnog

- Serves 6 1/3 Cup Per Serving

### Ingredients:

- 1 ½ cups liquid non-dairy coffee creamer
- ½ cup frozen egg or ½ cup liquid low cholesterol egg substitute
- 2 tablespoons sugar
- 1 ½ teaspoons vanilla
- Nutmeg

### Directions:

Combine first 4 ingredients in a blender or beat with an electric mixer until well mixed. Chill thoroughly. Serve with a sprinkle of nutmeg

Analysis		Renal & Renal Diabetic Exchanges
Calories 134	Sodium 88 mg	1 Milk
Carbohydrates 13 grams	Potassium 159 mg	1 Fat
Protein 3 grams	Phosphorus 53 mg	
Fat 8 grams		

