

Elegant Eggnog

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Servings: 15

Preparation Time: 20 minutes

Start to Finish Time: 3 hours 20 minutes

Refrigeration Time: 3 hours

If desired, the two tablespoons of vanilla extract can be replaced with one cup of dark rum.

1 cup Splenda no calorie sweetener
1 tablespoon arrowroot or cornstarch
1 teaspoon ground nutmeg
7 egg yolks
4 cups 2% milk
2 cups fat-free half-and-half
2 tablespoons vanilla extract

In a large, heavy saucepan, mix together the sweetener, arrowroot and nutmeg. Set aside.

In a bowl, whisk the egg yolks. Add to the saucepan mixture whisking until blended. Gradually whisk in the milk.

Cook over low heat, whisking constantly, until the temperature reaches 175 degrees approximately (5 to 8 minutes). Remove from the heat and whisk in the half-and-half. Cool.

Cover and chill for three hours or up to three days.

Stir in the vanilla extract just before serving.

Per Serving (excluding unknown items): 66 Calories; 4g Fat (53.2% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 104mg Cholesterol; 36mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat.