

Homemade Eggnog Latte

Yield: 1 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/old-fashioned-southern-eggnog-recipe>

Ingredients:

- 1 cup coffee strong hot fresh
- 2/3 cup eggnog
- 1/4 cup cream I use half & half
- 1/8 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- sugar optional - see notes
- whip cream
- nutmeg

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 145 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 16 grams
8. Sodium: 125 milligrams
9. Sugar: 36 grams

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