

# Almond Milk Eggnog

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-new-mexico-bizchochos-de-canela>

## Ingredients:

- 2 cups unsweetened vanilla almond milk
- 2 eggs
- 1 tablespoon honey
- 5 drops liquid stevia
- 1 vanilla bean sliced in half and scraped
- 1/2 teaspoon cinnamon
- 1 pinch nutmeg

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 105 milligrams
4. Fat: 2.5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 35 milligrams
8. Sugar: 5 grams

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