

Polish Kogel Mogel

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-kogel-mogel-recipe>

Ingredients:

- 2 large egg yolks pasteurized
- 3 teaspoons honey or 3 teaspoons sugar
- 2 teaspoons cocoa powder optional
- rum Optional:, or vodka, to taste
- raisins Optional:, to taste
- nuts Optional:, to taste
- marshmallows Optional:, small

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 105 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 10 milligrams
9. Sugar: 10 grams

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