

# Rooibos Spiced Egg Nog

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-rooibos-red-bush-iced-tea-recipe>

## Ingredients:

- 5 ounces egg nog See Below
- 1 ounce bourbon We used Maker's Mark 46
- 1/8 teaspoon ground nutmeg Freshly, For Garnish, optional
- 4 cups 2% milk
- 1/2 cup whipping cream
- 1 cup sugar
- 6 egg yolks each
- 1 ounce vanilla extract
- 1/2 ounce rooibos Chai Tincture

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 375 milligrams
4. Fat: 19 grams
5. Protein: 16 grams
6. SaturatedFat: 10 grams
7. Sodium: 180 milligrams
8. Sugar: 66 grams

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