



SKINNY PEPPERMINT EGGNOG

SERVES: 2 READY IN: :06 PREP TIME: :05 COOK TIME: :01

INGREDIENTS

- 2 cups unsweetened almond milk
- 3/4 cup whipping cream
- 1/2 cup truwhip Skinny thawed
- 1/4 cup powdered erythritol
- 1/2 teaspoon peppermint extract sugar free
- 1 teaspoon vanilla extract
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cinnamon
- 1/4 cup rum, bourbon or brandy optional
- additional nutmeg for topping optional

DIRECTIONS

1. Add all ingredients to a high speed blender.
2. Blend on high until completely mixed.
3. Place in the refrigerator for at least 4 hours.
4. When ready to serve, pour into a glass and top with truwhip frozen whipped topping and additional nutmeg.