



Coconut Eggnog

10 minutes

Hands on

12

Portion(s)

1

Difficulty



Ingredients

- 400 ml coconut milk
- 250 g milk, 3,5%
- 4 egg yolks
- 1 1/2 teaspoon(s) [vanilla extract](#)
- 1 pinch cinnamon
- 50 g granulated sugar
- 50 g maple syrup

Διατροφικός πίνακας

Nutrition information per portion

121 Calories (kcal)	8.6 Total Fat (g)	6.5 Saturated Fat (g)	8.9 Total Carbs (g)
6%	12%	33%	3%
8.0 Sugars (g)	2.0 Protein (g)	0.0 Fibre (g)	0.06 Sodium (g)
9%	4%	0%	1%

Method

- Place a saucepan over low to medium heat. Add the coconut milk, milk, cinnamon and vanilla. Then add the sugar but don't stir the mixture.
- The sugar is added to protect the milk from so it doesn't stick to the bottom of the saucepan and burn.
- Bring to a boil and remove from heat.
- Add the maple syrup. This will stop the boiling process so that the egg yolks won't burn when you add them. The mixture will be hot enough to pasteurize them.
- Put the egg yolks in a bowl and gradually add the hot mixture.
- Whisk until completely combined and serve.