



Hot Buttered Rum

10 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

- Using an electric mixer, beat the brown sugar, butter, honey, cinnamon, nutmeg, cloves, and salt in a medium bowl until blended and smooth.
- Transfer the mixture to a large container.
- Add the rum and then 2 cups of boiling water.
- Stir with a hand whisk, until the butter mixture dissolves.
- Divide the buttered rum among 4 mugs.
- Garnish with the cinnamon sticks and serve while it is still hot.

Ingredients

- 120 g dark brown soft sugar
- 120 g butter, unsalted, at room temperature
- 80 g honey
- 1/2 teaspoon(s) cinnamon, ground
- 1/4 teaspoon(s) nutmeg, ground
- 1/8 teaspoon(s) cloves, ground
- 1 pinch salt
- 170 ml rum
- 480 ml water, boiling
- 4 stick(s) cinnamon, to garnish

Διατροφικός πίνακας

Nutrition information per portion

501 Calories (kcal)	24.7 Total Fat (g)	15.6 Saturated Fat (g)	45.0 Total Carbs (g)
25%	35%	78%	17%
45.0 Sugars (g)	0.32 Protein (g)	0.0 Fibre (g)	0.17 Sodium (g)
50%	1%	0%	3%