

LYONS
THICK
& EASY®

Custard Eggnog





Custard Eggnog

IDDSI LEVELS **2** OR **3**



NUTRITION*

- Serving Size: ~ 8 fl. oz
- Calories: 220
- Total Fat: 5g
- Saturated Fat: 3.5g
- Trans Fat: 0g
- Cholesterol: 20mg
- Sodium: 230mg
- Total Carbs: 33g
- Dietary Fiber: 0g
- Total Sugars: 22g
- Added Sugars: 5g
- Protein: 10g
- Vitamin D: 0% DV
- Calcium: 20% DV
- Iron: 0% DV
- Potassium: 10% DV

INGREDIENTS

	1 Serving	6 Servings	12 Servings
VITAL CUISINE® Custard Mix item: 48167	1 Tbsp	6 Tbsp	3/4 cups
THICK & EASY® Thickened Dairy Drink, Vanilla or Chocolate Nectar (Level 2) room temperature item: 24739 (Vanilla) or 72447 (Chococolate)	8 fl oz (1 cup)	1 ½ quarts	3 quarts
Nutmeg	1/8 tsp	3/4 tsp	1 1/2 tsp

DIRECTIONS

1. Pour **THICK & EASY® Thickened Dairy Drink** into a glass (or large pitcher for multiple servings).
2. Add **VITAL CUISINE® Custard Mix** and nutmeg to thickened dairy drink and stir briskly until all powder is dissolved.
3. Cover and chill for 30 minutes.
4. Stir well before serving.
5. Garnish with an additional sprinkle of nutmeg.

RECIPE NOTES

- Milk thickened to appropriate consistency with thickener can be used in place of **THICK & EASY® Dairy Drink**
- Honey (Level 3) consistency of **THICK & EASY® Thickened Dairy Drink** can be used in place of Nectar (Level 2).

*Nutrition calculated using Nectar (Level 2) **THICK & EASY® Thickened Dairy Drink**