

Maple Bourbon Eggnog

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*5 ounces eggnog
1 tablespoon maple syrup
2 ounces bourbon
sprinkle nutmeg (for
garnish) (optional)*

In an old-fashioned glass combine the eggnog, maple syrup and bourbon. Stir well.

Top with a dash of nutmeg, if desired.

Per Serving (excluding unknown items): 383 Calories; 11g Fat (38.8% calories from fat); 5g Protein; 32g Carbohydrate; 0g Dietary Fiber; 84mg Cholesterol; 87mg Sodium. Exchanges: 2 1/2 Fat; 2 Other Carbohydrates.