

Rum Eggnog

Rachael Ray
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2 ounces skim milk, cold
2 1/2 ounces dark rum
1 pinch ground cinnamon
1 pinch ground cardamom
1 whole egg
nutmeg (for garnish)

Froth the milk as if for cappuccino.

Place the rum, cinnamon, cardamom and egg in an ice-filled cocktail shaker. Shake well.

Strain into a glass mug.

Top with the frothed milk.

Garnish with freshly grated nutmeg.

Per Serving (excluding unknown items): 258 Calories; 5g Fat (49.7% calories from fat); 8g Protein; 3g Carbohydrate; trace Dietary Fiber; 213mg Cholesterol; 100mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.