

Eggnog Tortoni

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Servings: 8

*1 cup dairy eggnog
1 egg yolk, slightly beaten
1/4 teaspoon vanilla
1/2 teaspoon almond
flavoring
1/4 teaspoon salt
1/3 cup vanilla wafer
crumbs
1/4 cup finely chopped
almonds, toasted
1/4 cup fine-grated coconut,
toasted
1 egg white, stiffly beaten
2 tablespoons sugar
1/2 cup whipping cream*

In a saucepan, combine the eggnog and egg yolk. Cook and stir just until the mixture starts to bubble. Cool. Add the vanilla, almond flavoring and salt. Stir in the crumbs, almonds and coconut.

In a bowl, beat the egg whites to soft peaks. Gradually add the sugar and beat to stiff peaks. Fold into the eggnog mixture. Fold in the whipped cream. Spoon into eight paper cups set in a muffin pan.

Freeze until firm, four hours or overnight.

Garnish with almonds and a cherry.

Can be served in parfait glasses.

You can double this recipe in order to use a whole container of whipping cream. Double the flavoring amounts.

Per Serving (excluding unknown items): 88 Calories; 7g Fat (67.1% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 49mg Cholesterol; 90mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.