A gathering of family and friends on a chilly evening is not complete without a winter beverage. Eggnog is a popular choice this time of year. While tasty, traditional eggnog is loaded with fat and sugar, adding calories but little else. With a few simple changes, you can enjoy a healthier version of this holiday favorite. To reduce salmonellosis risk from raw eggs, cook the eggnog mixture before serving. If you wish to limit calories, cholesterol, and sugar, use skim milk, egg substitute, and artificial sweetener.

**REDUCED-FAT EGGNOG**

1/2 gallon 2% reduced fat or skim milk, divided  
3 eggs, beaten OR 3/4 cup egg substitute (For low-calorie version, use only 1 egg or 1/4 cup egg substitute)  
3/4 cup sugar (Low-calorie: 16 one-gram packets Acesulfame-K-type sweetener. If you wish to use a different sugar substitute, check package directions and recalculate the amount needed to obtain sweetness equivalent to 3/4 cup sugar.)  
1/3 cup instant nonfat dry milk  
1 packet (2-1/4 teaspoon) gelatin (Low-calorie: 3 teaspoons)  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon rum flavoring  
1/2 teaspoon vanilla flavoring

Stir together beaten eggs or egg substitute, the liquid flavorings, and 4 cups of the milk. Blend instant nonfat dry milk, sugar or sugar substitute, spices, and gelatin by stirring together thoroughly with a spoon in a small container. Mix these dry ingredients into the milk mixture with a wire whisk. Add the remaining milk. Heat mixture to greater than 165 degrees F in a microwave oven or double boiler and hold at this temperature for at least 30 seconds. Stir with a wire whisk a few times during and after heating. Cool immediately in refrigerator. Stir before serving. Yield: one-half gallon. Store in the refrigerator for up to 10 to 14 days.

A one-cup serving of traditional eggnog made with whole milk and eggs contains 240 calories, 9 grams fat, and 100 mg cholesterol. A one-cup serving made with skim milk and egg substitute contains 169 calories, 1/2 gram fat, and 4 mg cholesterol. The low-calorie version made with skim milk, egg substitute, and sugar substitute contains only 112 calories and about the same amount of fat and cholesterol as the skim-milk/egg substitute version.