

The Only Eggnog Recipe You'll Ever Need. Period.

Leave those tacky cartons at the grocery store. Wait 'till you taste this rich and nutrient dense version of eggnog! This drink will offset any other holiday beverages, which by the way, are not as health supporting.

What you and your family deserve this Christmas is rich, thick eggnog that's loaded with live enzymes, nutrient dense vitamins and of course, deliciously good cheer.

The quality of the ingredients add a superb benefit, but are not necessary. Go with the highest quality you can find such as raw, organic milk and cream and free range egg yolks. If the eggs are not free-range, try to have at least organic. Eggs eaten raw should not be conventionally produced.

Here's what you'll need:

12 free range eggs

6 cups raw milk

2 cups heavy, raw cream

1/2 cup raw honey (my 1st choice, because of the accompanying raw enzymes, but maple syrup will do, too.)

1-1/2 teaspoons freshly ground nutmeg, plus more for dusting

Here's what you do:

Submerge the eggs (still in the shell) in a large bowl of very hot water plus a few drops of dish soap. As the water cools; wash and rinse, then wipe the eggs dry.

Separate the egg yolks and place them in a mixer together with the honey and beat for 10 minutes. Refrigerate the egg whites (you'll need them later). Allow the egg yolk mixture to cool in the refrigerator for up to 8 hours.

30 minutes before you plan to serve, mix the milk into the chilled yolk mixture. If you plan to add brandy, this is the time to stir it in. Along with this, add in 1 -1/2 tsp nutmeg.

On high-speed, in a separate bowl, beat the cream until stiff peaks form.

In yet another bowl, beat the egg whites until you have stiff peaks. Gently fold the egg white mixture into the egg yolk mixture, then fold the cream into the egg mixture.

Ladle into frosted glasses and sprinkle with the remainder of nutmeg. Serves 8 cups.

Oh, yum.