

Warm Vanilla Custard Drink

Warm Vanilla Custard Drink



From Thrifty Frugal Mom

Points will vary depending on your choice of milk and sugar!

- 2 c. milk
- $\frac{1}{4}$ c. sugar
- 2 eggs
- pinch of salt
- $\frac{1}{4}$ tsp. vanilla
- ground nutmeg

1. Put milk and sugar in small pan and heat just until it starts to simmer and come to a boil.
2. In the meantime, blend eggs, salt and vanilla.
3. Once milk starts to bubble, remove from heat and add a small amount to egg mixture. Blend immediately.
4. Add the rest of the milk and blend well.
5. Pour into two mugs and sprinkle with nutmeg.

Notes

Heating: Bringing this just to a boil essentially “cooks” the egg enough that it isn’t considered raw any longer.

Adding the Milk: If you add all the milk at once, sometimes the egg will cook too much and you’ll end up with scrambled eggs in your drink!

Beverage

Beverage

