



Oat Milk Eggnog Recipe (Dairy-Free)

This non-alcoholic and dairy-free Oat Milk Eggnog recipe has a traditional flavor and texture, just with no dairy. Enjoy it in your morning coffee or just as a treat on its own. This vegetarian recipe is super delicious and great for the holiday season. Vegan option included.

total time: 10 MINUTES yield: 12 1x

Ingredients

- 4 egg yolks (see notes for vegan option)
- 3 tablespoons maple syrup
- 3 cups unsweetened oat milk
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg, plus extra for serving
- 1/2 teaspoon vanilla extract

Instructions

1. In a medium mixing bowl, combine the egg yolks and maple syrup. Whisk to combine and set aside.
2. Then, in a large saucepan, pour in the oat milk, cinnamon, nutmeg, and vanilla.
3. Heat the saucepan over medium heat until the mixture comes to a gentle simmer, stirring occasionally.
4. Then, use a ladle or a serving spoon to transfer a few tablespoons of the warmed oat milk to the egg mixture. Stir or whisk the eggs as you slowly pour in the oat milk. This process is called tempering and helps keep the eggs from scrambling.
5. Continue adding a few more ladles of warmed oat milk to the egg mixture, stirring continuously.
6. Then, reduce the heat on the saucepan to low and slowly pour the egg mixture into the oat mixture, stirring the whole time to prevent the eggs from scrambling.

7. Let the mixture come to a gentle simmer and then turn off the heat.
8. Transfer the eggnog to a pitcher and serve warm or chilled, with a sprinkling of ground nutmeg on top (optional).
9. Store any leftover eggnog in the refrigerator for up to 4 days.

Notes

- If you want to make this recipe vegan, just leave out the eggs and simply combine the other ingredients in a jar and stir.
- You can use homemade or prepared oat milk for this recipe.
- If your oat milk is sweetened, then reduce or eliminate the maple syrup.
- If you want to be sure that your eggnog is fully cooked, you can use a instant-read thermometer to make sure that it reaches 160°F.
- The eggnog will thicken slightly as it cools in the refrigerator.
- To spike the eggnog, add rum, brandy, or bourbon. Use one shot of alcohol per eight ounces of eggnog.

Author: Carrie Forrest, MPH in Nutrition *Prep Time:* 5 minutes *Cook Time:* 5 minutes

Category: Beverage *Method:* Stovetop *Cuisine:* Dairy-Free *Diet:* Vegetarian

Nutrition

Serving Size: **Calories:** 42 **Sugar:** 3.1 g **Sodium:** 49.9 mg **Fat:** 2.2 g **Saturated Fat:** 0.6 g

Carbohydrates: 4.1 g **Fiber:** 0.1 g **Protein:** 1.3 g **Cholesterol:** 61.5 mg

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