

# Classic Eggnog (Lait de Poule)

Indulge in a rich and creamy classic eggnog, perfect for the holiday season or a cozy gathering. This delightful drink combines eggs, milk, and spices for a warm, comforting beverage.


**10 min**

Total time

**easy**

Difficulty

**250**

kcal / serving

## Ingredients

- 1 large egg
- 1 tablespoon granulated sugar
- 1/2 cup milk
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon
- Optional: 1 ounce rum or bourbon

## Steps

- 1 In a mixing bowl, whisk the egg and sugar together until well combined and slightly frothy.
- 2 Gradually add the milk while continuing to whisk.
- 3 Stir in the vanilla extract, nutmeg, and cinnamon until evenly mixed.
- 4 If desired, add the rum or bourbon for an adult twist.
- 5 Serve in a chilled glass and sprinkle a pinch of nutmeg on top for garnish.