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## EGGNOG ICE CREAM

Basic Lifestyle

### Ingredients

2 cups French vanilla or vanilla low-fat ice cream, slightly softened  
1 TBS dark rum or 1/4 TSP rum flavored extract  
1 TBS brandy or brandy flavored extract  
1/8 TSP ground nutmeg, plus a little extra for garnish

### Instructions

1. Place the ice cream in a small mixing bowl and stir in the rum, brandy and nutmeg.
2. Transfer the ice cream mixture to a small container with a tightly fitting lid and place it in the freezer for at least 1 hour.
3. Scoop the ice cream into bowls and serve with a sprinkling of nutmeg.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 1/2 cup = 1 M