

HOMEMADE EGGNOG

Recipe from ChocolateCoveredKatie.com • Modified by Jenna Volpe, RD

Ingredients

- 250 ml (1 cup) milk of choice
- 125 ml (½ cup) silken-firm tofu, or 125 g (½ cup) cashews soaked overnight (discard soaking liquid)
- 2.5 ml (½ tsp.) fresh lemon juice (optional)
- .5 ml (⅛ tsp.) salt
- 30 ml (2 Tbsp.) coconut palm sugar, raw honey, or real maple syrup
- 2.5 ml (½ tsp.) pure vanilla extract
- 2.5 ml (½ tsp.) cinnamon
- 1 ml (¼ tsp.) nutmeg
- 1 ml (¼ tsp.) ground ginger
- .5 ml (1 pinch) of cloves

Directions

- Combine all ingredients and blend until smooth (use a blender, Magic Bullet™, Nutribullet™, or other food processor).
- Enjoy cold, or heat if desired. Sprinkle additional cinnamon on top for decoration. Makes one serving.

