



Recipes

Juices/Teas

Egg Cream

Prep Time: 5 minutes

Cooking Time: None

Yield: 3 servings

Ingredients:

- 1 large egg
- 2 cups soy, rice or almond milk
- 1/2 cup silken tofu
- 2 tablespoon maple syrup
- 1 teaspoon vanilla
- 1/2 teaspoon nutmeg/cinnamon

Directions:

1. Pour ingredients into a blender and mix until thick.
2. Cover and chill for at least 2 hours.
3. Serve cold.

Variation:

For a bubbly treat replace 1 cup soda water for 1 cup milk.