



Recipes

Beverages

Raw Holiday Nog

Prep and Cook Time: After soaking, 15 minutes

Yield: 8 servings

Ingredients:

2 cups almond milk, unsweetened

1/2 cup date paste

2 tablespoons grade B maple syrup

2 frozen bananas

2 teaspoon flaxseed oil

2 teaspoons vanilla extract

1/2 teaspoon nutmeg, plus additional for sprinkling

1/4 teaspoon cinnamon

Directions:

1. To make almond milk, soak 1½ cups of almonds in water for 8 hours. Drain, and rinse.
2. Blend the almonds with 3 cups of water, and strain.
3. Then, blend all ingredients except bananas. Add bananas and blend. Serve immediately, sprinkled with nutmeg.