

# HOMEMADE EGGNOG

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

## **Ingredients**

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

