



# Chilled Holiday Nog

(Raw)

This creamy, sweet festive drink is pure holiday comfort. Your family won't believe it's dairy-free and actually good for you!

## Ingredients

- 2 cups Almond Cream\*, unsweetened
- ½ cup date paste (dates blended with a little water)
- 2 tablespoon grade B maple syrup
- 2 frozen bananas
- 2 teaspoon flax seed oil (\*optional)
- 2 teaspoon vanilla extract
- ½ teaspoon nutmeg plus additional for sprinkling
- ¼ teaspoon cinnamon

## Directions

Blend all ingredients except bananas. Add bananas and blend. Serve immediately, sprinkled with additional sprinkle of nutmeg.

\*To make Almond Cream, soak 1½ cups of almonds in water for 8 hours, drain, and rinse.

Then, blend the almonds with 3 cups of water and strain (a small wire strainer works well).

Serves 4.



For more great healthy recipes like this, check out my “Stay Slim Holiday Recipes” downloadable e-Cookbook at [www.RoseCole.com/HolidayCookbook!](http://www.RoseCole.com/HolidayCookbook!)