

# Holiday Eggnog

*Enjoy this guilt-free holiday drink that isn't only healthier, but it's also dairy free, gluten-free, and refined sugar-free!*

## Ingredients:

- 1-and-1/4 cup plain almond milk
- 2 frozen bananas, peeled and sliced
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon
- 1 date, soaked for 10 minutes
- dash of ground clove
- 1/4 teaspoon pure vanilla extract
- dash of sea salt



## Directions:

1. Place all the ingredients (starting with the almond milk) into a blender.
2. Blend until smooth and creamy.
3. Sprinkle with cinnamon and serve.

## Nutritional Information (per 1 cup serving):

Calories: 160; Fat: 2 g; Carbs: 36 g; Fiber: 3.6 g; Protein: 2.2 g

Source: <http://www.incrediblesmoothies.com/recipes/raw-vegan-eggnog-recipe-with-fresh-almond-milk/>