

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Vegan Nog



Ingredients:

1/2 large avocado, pitted and frozen
1 large banana, peeled and frozen
1 can of full-fat coconut milk (400ml), chilled in fridge
1 tbsp fresh lemon juice (about 1/4 of a fresh lemon)
1.5 cups almond milk
1/2 cup pure maple syrup
1-3 tsp ground nutmeg (to taste, add gradually)
1/4 tsp cinnamon
1/8th tsp ground cloves
1 tsp pure vanilla extract
Cinnamon stick, for garnish

Directions: Pit and freeze the 1/2 of an avocado and peel and freeze the large banana prior to making this recipe. Add the liquid ingredients into a blender and blend for about 10 seconds to mix. Now add in your frozen and dry ingredients and blend until smooth. Taste and adjust spices and liquids if necessary. You can adapt it to how you'd like it! Makes 6 cups. Serve with a cinnamon stick (optional). Serve immediately.

Note: This will not keep long, so please make it just prior to serving and serve immediately, very cold.

Adapted from the recipe found at the link below.

Read more: <http://ohsheglows.com/2010/12/18/vegan-nog-classic-and-peppermint/#ixzz2nNg18y4H>