

Vegan Egg-Free Nog

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 ripe banana
- 1 can (400mL) full-fat organic coconut milk
- 1-1/2 cups almond milk
- 1/4 cup #3, Grade C maple syrup*
- 1 tsp organic ground cinnamon
- 1/4 tsp organic ground nutmeg
- 1/8 tsp organic ground cloves
- 1/2 tsp vanilla powder**

Instructions:

1. Place all your ingredients into a high power blender and give it a whirl. If you refrigerate it overnight the flavours will be even more wonderful but it will definitely thicken up quite a bit so you might need to thin it out with a bit of coconut milk.
2. Top with freshly grated cinnamon.

Notes:

*This type of maple syrup truly has the most "maple" flavour. You can buy dark maple syrup in the health section of most major grocery store chains and of course health food stores too. **Don't have vanilla bean powder? No problem! Just use the liquid extract. The brand of powder I use is by Organic Traditions. Or you could buy a vanilla bean pod and just scrape out the vanilla. The flavour is next level good! Serves 4 or 16 shots (approximately)