



Serving Size: 1 cup plus 2 tablespoons
15 minutes N/A 18 min

Description:

Make your holidays bright with this light, frothy holiday nog. Made with nondairy milk, sweetened with dates and maple syrup plus a hint of vanilla and spices, it offers lots of festive cheer with no saturated fat, cholesterol, or added sugar. A bit of cardamom makes it reminiscent of a spiced chai latte. Serve this nog chilled or warm. You can make up a batch several days in advance, but give it a whirl in the blender just before serving for extra frothiness.

Ingredients:

- 1/2 CUP pitted medjool dates
- 1/4 CUP hot water
- 4 CUPS unsweetened soy or almond milk
- 1 TABLESPOON pure maple syrup
- 1 TABLESPOON vanilla extract
- 1 TEASPOON pumpkin pie spice
- PINCH fine sea salt
- 1/8 TEASPOON ground cardamom optional
- FOR GARNISH freshly ground nutmeg optional

Directions:

- 1 Place dates in a small bowl and cover with 1/4 cup hot water. Let sit until dates are softened, 10 to 15 minutes.
- 2 In a blender, combine soy milk, maple syrup, vanilla, pumpkin pie spice, salt, and cardamom if using. Add softened dates along with any remaining soaking liquid.
- 3 Blend at high speed until dates are pureed and mixture is frothy.
- 4 Divide between 4 glasses. Top each glass with a sprinkle of nutmeg to taste, if desired.

Shopping list:

- pitted medjool dates (1/2 CUP)
- unsweetned soy or almond milk (1 QUART)
- vanilla extract
- pure maple syrup
- pumpkin pie spice
- nutmeg
- ground cardamom

Nutrition Facts

Serving Size: 1 cup plus 2 tbsp
Servings: 4

Amount Per Serving

Calories 163	Calories from Fat 36
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 128g	5%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 8g	16%

Excellent Source of: Vitamin B2, B12, Calcium

Good Source of: Fiber, Vitamin A, Potassium, Magnesium

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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