

Healthy Egnog

Love eggnog but don't love the calories? Try this healthy eggnog recipe for a festive treat!

Ingredients:

- 1 1/4 cups 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/>



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