

Egg(less)-Nog

Winter holidays have long been celebrated over big mugs of 'nog, and our version of the thick drink packs a yummy healthy punch with tofu, low-fat milk, vanilla, cinnamon, and nutmeg.

Ingredients:

- ❄️ 21 ounces light silken tofu, drained and cut into cubes
- ❄️ 3 cups low-fat milk, chilled
- ❄️ 2 teaspoons vanilla extract
- ❄️ ½ cup sugar-free sweetener
- ❄️ ½ teaspoon ground cinnamon
- ❄️ ¼ teaspoon round nutmeg, plus more for garnish

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Serve cold and garnished with a sprinkle of nutmeg on top.

Makes 8-10 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!

