

Coco Nog

Joy Barnes

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15 oz coconut milk, unsweetened¹
½ cup roasted cashews²
¼ cup almond milk³
3 TBS maple syrup
1 TBS yeast flakes
1 tsp Blackstrap Molasses
¼ tsp ground nutmeg
⅛ tsp cardamom
⅛ tsp coriander
⅛ + 1/16 tsp turmeric

- ✓ Soak the cashews overnight or for at least one hour (optional).
- ✓ Place all the ingredients in a blender and blend until smooth.
- ✓ Chill for at least 1 to 2 hours.

1 Can substitute Almond Milk.

2 With or without salt. Can substitute rinsed raw.

3 Can substitute water.