

Dairy & Egg-Free Eggnog

Swick

Makes 7 cups | Active Time: 10 minutes | Total Time: 40 minutes

Step 1: Making the "Eggnog"

- 8 medjool dates, pitted
- 1 cup raw cashews
- 2 cups water
- 1 - 15 oz. can of full-fat coconut milk
- 1 tsp pure vanilla extract
- 1 tsp freshly grated nutmeg*
- 1/2 tsp sea salt
- 1/4 tsp xanthan gum (optional, but recommended)*

Place the dates and cashews into two separate small bowls. Add 1 cup of water (or enough water to cover) and set aside to soak at least 8 hours or overnight. If pressed for time, you can speed the process by covering with boiling water. The cashews should only take about 30 minutes to soften.

Drain and rinse the cashews. Transfer to a high-speed blender. Drain the dates and add them to the blender along with the coconut milk, vanilla, nutmeg, salt, and xanthan gum, if using. Process for about 2 minutes or until very smooth. Transfer to a clean container. Cover and refrigerate for at least 1 hour or until well-chilled. Stir before serving. If desired, add a bit of spiced rum.

The eggnog, will last, covered and refrigerated, for 2 to 3 days.

*Note: Do not use pre-ground nutmeg, as the end result will be nowhere near as good freshly ground.

Xanthan gum will give the eggnog that traditional eggnog-like consistency.