

Egg Nog

Heart Health

Items Needed: blender, measuring cups, saucepot or teapot, mug

Serves: 2

Ingredients:

- 1 ½ cups plant milk
- 2 tbsp maple syrup
- ½ tsp vanilla
- ¼ cup cashews
- ¾ water
- ¼ tsp ground nutmeg
- ½ tsp ground cinnamon

Directions:

1. Soak cashews in boiling water for 10 minutes. Drain water and puree with maple syrup, vanilla, water, spices and plant milk.
2. Split into two glasses, sprinkle a dash of cinnamon and nutmeg over the top and enjoy.

Nutrition Information (per 1/2 recipe):

Calories: 234 Fat: 11 g Carbs: 28.3 g Protein: 5.3 g Fiber: 2.4 g Sodium: 79.4 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/heart-vascular/ross-wellness-series/ross-heart-hospital-garden>

