

ONE BITE

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Vegan Magazine

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20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your *New Year Party*

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Creamy Dreamy Vegan Eggnog

Tess Challis

You'd never guess this eggnog was vegan, healthy, and even raw!

INGREDIENTS

- ¼ cup raw cashews
- 1 large banana, very ripe (I use a frozen banana)
- 2 cups almond milk (plain and unsweetened)
- ¼ cup maple syrup
- 1 tablespoon vanilla
- ½ teaspoon nutmeg (plus more for garnish)
- ⅛ teaspoon EACH: sea salt and cinnamon

INSTRUCTIONS

1. In a high-speed blender, combine the cashews, bananas, and just enough of the milk to blend. Process until creamy and then add all the remaining ingredients. Blend until completely smooth and emulsified.
2. Serve with a little extra nutmeg sprinkled on top. This will store, refrigerated in an airtight container, for 3-4 days. (Unless my daughter is around, and then forget it.)



Tess Challis

Tess is the recipe developer and content creator at tesschallis.com. Through her website, she aims to show her followers how to maintain a vegan/plant-based lifestyle while remaining healthy and satisfied.

Website: tesschallis.com

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