

THE LAB

Three things to make and do



1

Make vegan eggnog

Whip up a dairy-free festive winter warmer that is perfect for cold nights.

What you need

For vegan eggnog:

- 710ml **dairy-free milk** (buy from the shop, or make your own)
- 1 can of full-fat coconut milk
- 90ml maple syrup
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 tsp pure vanilla extract

For the dairy-free milk:

- 90g **cashew nuts**
- 95g **almonds**
- 950ml water

- Blender
- Muslin cloth
- Jug or bowl
- Glass tumbler
- Cinnamon stick

Instructions

1 To make your own dairy-free milk, soak all the nuts overnight. Then, place them with the water into a blender and whizz on high speed until everything is blended (around one minute). Strain the milk through a sieve and a muslin cloth into a jug or bowl, and set aside.

2 Clean your blender and pour in the dairy-free milk, coconut milk, maple syrup, cinnamon, nutmeg and vanilla extract.

3 Blend on high until you have a creamy and smooth mixture (around 1–2 minutes). Taste and adjust flavour, adding more cinnamon and nutmeg for warmth, or maple syrup for sweetness.

4 Enjoy your eggnog cold or warm. Any leftovers can be kept in the fridge for 4–5 days.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions).
Learn more at tinyurl.com/SN-allergy

Eggnog is a great festive drink.



How does it work?

Eggnog is a popular Christmas drink from the US. It is traditionally made with raw egg yolks, cream and spices. Traditionally, these ingredients were used because they were thought of as luxurious.

Nut milks are made from blending water and nuts. The sugar and proteins dissolve into the water, and the fats spread out evenly, making the milk pale and creamy. In shop-bought nut milks, vitamins and minerals are also added.

