



## DESSERTS

# Cashew Holiday Egg Nog

This alcohol-free nog maintains the creamy and spicy decadence of classic egg nog without all the white sugar and saturated fats from dairy products.

YIELD: Serves 4

### INGREDIENTS

- 1 cup soaked cashews
- 1 1/2 frozen banana
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 3 cups water or tea
- Allspice to garnish

### DIRECTIONS

1. Prepare the night before: soak cashews and put peeled banana in plastic bag and put in freezer.
2. Drain and rinse the cashews. Blend all ingredients together until smooth.
3. Serve immediately, garnished with grated allspice or *Sweet Spice of Life*™. (See next page.)



### NUTRITION GEM

## Health Benefits of Cashews, Bananas & Vanilla

A holiday drink to serve at your next dinner party or to bring to an office meeting or pot luck.

**Cashews** — Cashews contain healthy fats, protein, vitamins and minerals, including copper, magnesium, and zinc that support heart health, improved mood and brain function, and aid weight and blood sugar management.

**Bananas** — Bananas are a good source of potassium, fiber, vitamin B6, and vitamin C that aid heart and digestive health, blood sugar regulation, exercise recovery, and mood stability.

**Vanilla** — Vanilla bean has antioxidant and anti-inflammatory properties that protect the body against free radicals, reduce inflammation, support stress and anxiety reduction.



## DESSERTS

# Sweet Spice of Life™ Blend

This classic *Eating For Health™* spice adds wonderful aroma and zest to smoothies, fruit, yogurt, and desserts.

YIELD: 2/3 cup

### INGREDIENTS

- 1 tablespoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon coriander
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cardamom
- 1/2 teaspoon cloves
- 1/2 teaspoon saffron (if available)
- 1 tablespoon bee pollen (if available)

### DIRECTIONS

1. Mix all ingredients together and store in a sealed jar.
2. Spices should be kept in a cool, dark space for no more than 60 days.



## NUTRITION GEM

### Health Benefits of Allspice, Nutmeg & Bee Pollen

**Allspice** — Allspice has anti-inflammatory, anti-microbial, and pain-relieving properties that benefit digestion, blood sugar regulation, and menopause symptom relief.

**Nutmeg** — Nutmeg contains antioxidants and anti-inflammatory compounds that protect against cellular damage and chronic diseases and aid digestion, improve blood circulation, impact on brain health and sleep.

**Bee Pollen** — Bee pollen, a mixture of flower pollen, nectar, enzymes, honey, and bee secretions, is packed with nutrients and offers a variety of potential health benefit such as immune, heart, brain and liver support, and seasonal allergy relief.