



RAW VEGAN EGG NOG

INGREDIENTS

- 1 cup pecans
- 4-5 cups water
- 1 cup dates
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 teaspoons vanilla extract

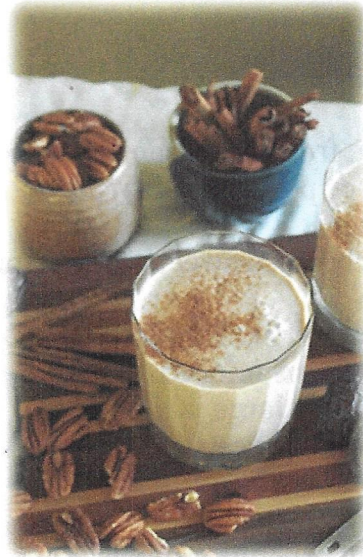


Photo by Emily of This Rawsome Vegan Life

DIRECTIONS

1. Blend it all up. Change the spice amounts as you like
2. Use hot water if you want a warm drink. It should have the consistency of egg nog but if it's too thin, add more dates or pecans.
3. If it's too thick, add more water...change the spice amounts as you like
4. ENJOY!

Yields: 4 servings

Prep time: 10 minutes



CRANBERRY SALSA

Recipe adapted by Health

INGREDIENTS

- 1 10-oz. pkg. fresh or frozen cranberries
- 1 cup sugar or pure maple syrup
- 1/2 cup water
- 1/2 cup finely diced sweet onion (from 1 small onion)
- 1/3 cup chopped fresh cilantro
- 2 1/2 tablespoons minced seeded jalapeño (from 1 large jalapeño)
- 1/2 teaspoon lime zest
- 2 tablespoons fresh lime juice
- 1/2 teaspoon kosher salt
- 1/8 teaspoon cayenne pepper

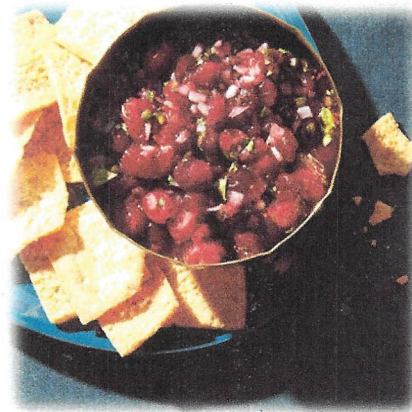


Photo by Health

DIRECTIONS

5. Bring cranberries, sugar or syrup, and water to a boil in a medium saucepan over medium-high heat. Reduce heat to medium and cook until cranberries just start to pop, about 5 minutes.
6. Drain, reserving 1 tablespoon of the cooking liquid. Let cool completely, about 30 minutes.
7. Stir together cranberries, onion, cilantro, jalapeño, lime zest, lime juice, salt, cayenne pepper, and reserved 1 tablespoon cooking liquid in a medium bowl. Serve at room temperature or chilled.
8. ENJOY!

Yields: 6 servings



Holiday Spice Pumpkin Dip

Ingredients:

- 1/2 can (15 oz. size) pumpkin (NOT pie filling mix)
- 6 oz. cream cheese
- 1/4 cup brown sugar
- 1/2 tsp. cinnamon
- Pinch nutmeg
- Optional: 2 tablespoons maple syrup

Directions:

1. Mix well with electric mixer, food processor or in blender.
2. Serve with sliced apples, pears, ginger snaps or vanilla wafers
3. Enjoy!

Yield: serves up to 4 to 6