



## Raw Egg Nog

### PART ONE:

2 cups soaked almonds  
½ cup pine nuts  
5 cups water

Blend in your blender for 2 minutes and then strain in a nut bag (if you don't have one, here is a fast fix secret. Go to the local corner store and buy ladies pantyhose knee highs. Yeah, it sounds funny - but it works if you are in a pinch and they are usually only a dollar or two!) Set aside.

### PART TWO:

5 or 6 frozen bananas, cut into 1" pieces  
10 soaked dates

\*Make sure to take the pits out and use this soaking water as a part of your water above.

1 tsp. ground nutmeg  
2 tsps. vanilla  
1 tsp. ground cloves  
1 Tbsp. flax oil  
Tiny pinch of Celtic or Himalayan sea salt.

### PART THREE:

Add the two parts together in your Vitamix and blend together.