HEALTHY HOLIDAY *drinks*

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LIGHT NUTELLA EGGNOG

1 1/2 cups 1% milk
1/4 cup light cream
2 eggs
1 egg yolk
1/4 cup sugar
1 tbsp corn starch or flour
1 vanilla bean
2 tbsp of Nutella
1/4 cup Captain Morgan spiced rum

DIRECTIONS

1. Heat 1 1/2 cups milk in a medium size saucepan. Cut vanilla bean in half lengthwise and remove seeds. Add the pods and seeds to the milk. Bring to a simmer and let thicken, about 6 minutes.
2. Meanwhile, whisk eggs, egg yolk, sugar and flour/cornstarch together until fully mixed. Once milk mixture has thickened, add it to the bowl of egg mixture. Carefully whisk them together. Immediately pour the egg/milk mixture back into the saucepan. Let simmer again until thick, stirring constantly) until mixture thickens to the back of a spoon), or about 6–8 minutes. *Do not skip the stirring part, otherwise the mixture will congeal.
3. Once thickened, remove from the heat and stir in the cream to stop the cooking. Whisk in the Nutella until fully mixed. Place eggnog on an ice bath, whisking constantly, until cooled. *Do not skip this part either, or else the mixture will thicken too quick into a pudding like substance. Once chilled, whisk in rum and serve!

PUMPKIN SPICE LATTE

1 1/2 cups skim milk
1/2 cup of dark-roast coffee
1 1/2 tbsp canned pumpkin
1/2 tsp pumpkin-pie spice or cinnamon
1/2 tsp vanilla extract
dash of cayenne
agave (to taste)

DIRECTIONS

1. Combine 1 cup of milk and all other ingredients in a small saucepan.
2. Stir until simmering, making sure spices and pumpkin dissolve.
3. When mixture is at a low boil, remove from heat and pour into a mug.
4. Froth remaining ½ cup of milk and add to mug.
5. Sprinkle with cinnamon if desired.

HOLIDAY CHAOS CALMER

1/2 cup cider
1/2 cup water
1 chamomile tea bag
lemon peel
1 cinnamon stick

DIRECTIONS

1. Combine cider and water in a mug and heat in the microwave for 2 minutes, or until boiling.
2. Add one chamomile tea bag, one strip of lemon peel, one cinnamon stick, and steep for 5 minutes.
3. Remove the tea bag and cinnamon stick, take your first sip…and breathe a sigh of relief.

GREEN TEA HOT TODDY

4 oz hot green tea
1 oz honey
2 oz Bourbon
cinnamon sticks and lemon peel for garnish

DIRECTIONS

1. Pour green tea into mug and stir in honey to dissolve.
2. Add bourbon and stir.
3. Garnish with cinnamon sticks and lemon peel. Enjoy!

PEPPERMINT HOT COCOA

3 cups skim milk
4 tsp sugar
1/4 tsp peppermint
1/4 tsp vanilla extract
1/4 cup semisweet chocolate chips
kosher salt

DIRECTIONS

1. Heat 3 cups skim milk in a small saucepan over medium-high heat until the milk is hot and starting to steam.
2. Remove the pan from the heat and whisk in sugar, peppermint and vanilla extracts, a pinch of kosher salt, and semisweet chocolate chips.
3. Continue to whisk until the chocolate is completely melted.
4. Pour into mugs and garnish with whipped cream if desired.

HOT CHILI CHOCOLATE

2 cups 1% milk
1/2 tsp vanilla extract
1/2 tsp cinnamon
1/4 tsp cayenne pepper
2 tbsp dark chocolate chips or
1 oz bittersweet chocolate, grated

DIRECTIONS

1. Heat milk over medium heat.
2. Add vanilla, cinnamon and cayenne pepper.
3. Stir in dark chocolate chips (or chopped bittersweet chocolate) until melted.
4. Pour into two mugs.

RASPBERRY MOCHA SMOOTHIE

1 1/2 cups (375 mL) unsweetened almond beverage
1 cup (250 mL) fresh or frozen raspberries
1 tbsp (15 mL) almond butter
2 tbsp (30 mL) unsweetened cocoa powder
4 coffee ice cubes (see tip below); or a large pinch of instant coffee granules plus 4 ice cubes

DIRECTIONS

Blend all ingredients together.
Tip: Freeze brewed coffee in your ice cube tray and add to your smoothies for a jolt of caffeine.

PUMPKIN BANANA SMOOTHIE

1 banana
1/2 cup nonfat vanilla yogurt
1/2 cup skim milk
1/2 cup canned pumpkin puree
1 1/2 tsp maple syrup
1/4 tsp cinnamon
3-5 ice cubes

DIRECTIONS

Combine all ingredients in a blender and puree until smooth and frothy.

MULLED CIDER AND CRANBERRY

4 cups pure apple cider
1 cup cranberry juice
1/2 cup granulated sugar
2 tbsp brandy
1/2 tsp ground nutmeg
2 whole cloves
1 cinnamon stick
grated zest of 1 lemon and 1 orange
apple slices and fresh cranberries

DIRECTIONS

1. In a saucepan, combine cider, cranberry juice, sugar, brandy, nutmeg, cloves, cinnamon stick, lemon zest and orange zest.
2. Heat over medium heat, just to combine flavors; do not boil.
3. Strain and serve warm.
4. Garnish with apple slices and cranberries.

APPLE CIDER SANGRIA

1 bottle white wine
2 1/2 cups fresh apple cider
2 cinnamon sticks
1 cup vodka
2 apples, chopped
1 orange, chopped
1 tbsp raw honey
1/2 tsp cinnamon
1/4 cup pomegranate seeds

DIRECTIONS

1. Chop apple and orange and place in the bottom of pitcher with pomegranate seeds.
2. Add in wine, apple cider, cinnamon sticks, vodka, honey, and cinnamon.
3. Stir and serve with ice.