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Healthy Recipe: Eggless Egg Nog From "Crazy Sexy Kitchen"

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By Sarah Jio

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I'm obsessed with Kris Carr's new book, *Crazy Sexy Kitchen*. I'm telling you, go out and pick it up over the holiday. You will love it. Even if you're not a vegan, you'll be inspired to eat more veggies when you see all the brilliant recipes in this cookbook.

Eggless Egg Nog

Recipe adapted from Kris Carr's new book, Crazy Sexy Kitchen

Ingredients:

Almond milk (about a cup and a half)

2 dates (pitted)

1 banana

1/2 vanilla bean or 1/2 tsp. alcohol-free vanilla extract

Pinch of nutmeg (this is the key here to give it the egg noggy, spicy flavor!)

Directions: Blend all ingredients and enjoy!

P.S. Another [healthy egg nog recipe](#), and these [baked egg nog donuts](#) look so festive!

Photo: Hay House