

Egg free Egg nog

Serves 6



INGREDIENTS

4c. Soy Milk (regular or vanilla)
2 Tbs. Fiberagar® flakes
(or 1 tsp. Fiberagar® powder)
1 pinch Sea Salt
2 tsp. Vanilla Extract
1/3 tsp. Ground nutmeg
Rum (if desired)



PREPARATION

1. Heat 2 c. soy milk, salt and FIBERAGAR® in a saucepan.
2. Stir until the agar is completely dissolved. Do not boil.
3. Turn off the heat and stir in salt, vanilla and nutmeg.
4. Refrigerate until set, approximately 1 hour.
5. Blend this thickened mixture with the rest of the soymilk until you reach your desired consistency. Add rum here if desired.
6. Chill and serve topped with ground nutmeg.