

Healthy Holiday Drinks

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-holiday-drinks>

Ingredients:

- 1 1/2 cups hazelnuts
- 1/4 cup natural cocoa powder
- 4 medjool dates
- 1 pinch sea salt
- 3 1/2 cups water
- 1 teaspoon vanilla
- 1 cup cashews
- 3 medjool dates
- 1/2 teaspoon canela
- grated nutmeg fresh, to taste
- 2 1/2 cups water
- 1/2 cup coconut milk full fat, canned
- 1 teaspoon vanilla
- rum or brandy optional
- 1 cup almonds
- 1 cup pecans
- 3 medjool dates
- 1/2 teaspoon sea salt
- 3 cups water
- 1 teaspoon vanilla

Nutrition:

1. Calories: 1270 calories
2. Carbohydrate: 60 grams
3. Fat: 111 grams
4. Fiber: 19 grams
5. Protein: 32 grams
6. SaturatedFat: 18 grams
7. Sodium: 410 milligrams

8. Sugar: 22 grams

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