

A Valley Flaxflour Ltd. Recipe

GLUTEN FREE

Eggnog Smoothie

Yield: 2 servings

500 ml	prepared eggnog, light	2	cups
65 ml	golden flax flour	1/4	cup
1	golden delicious apple, washed, cored & chopped	1	
15 ml	Bourbon (optional)	1	Tbsp
	crushed ice, whipped cream & cinnamon (optional)		

1. Combine the eggnog, flax flour and apple in a blender. Process until smooth.
2. Optional: add Bourbon and crushed ice, as desired.
3. Optional: top with whipped cream and cinnamon.
4. Serve with a straw.