Vegetarian "Eggnog"

Makes 8 servings.

Ingredients:

2 10 1/2-oz. packages soft, silken tofu

16 oz. vanilla soy milk or rice milk

1 Tbs. plus 1tsp. vanilla extract

1/4 c. sugar

2 tbs. brown sugar

1/4 tsp. ground turmeric

1/2 to 1 c. rum or brandy (optional)

Nutmeg

In blender or food processor, combine all ingredients except nutmeg,

Blend thoroughly, stopping occasionally to scrape down sides of bowl.

Serve well chilled and dusted with nutmeg.

Nutritional Analysis: Per 5-oz. serving:

235 Calories

8g Protein

5g Fat

0.1g Sat. Fat

26g Carbohydrates

0 Cholesterol

55mg Sodium

0 Fiber