

# High-Protein Homemade Vegan Eggnog (JUST Egg)

This recipe is rich, creamy, and lightly spiced with plenty of protein. It tastes even better after chilling overnight.

**Makes:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

## Ingredients

- 2 cups Unsweetened Ripple Original or Ripple Unsweetened
- ½ cup JUST Egg
- ½ cup canned full-fat coconut milk (or coconut cream)
- 2–3 tablespoons pure maple syrup (or monk fruit sweetener to taste)
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon freshly grated nutmeg
- ⅛ teaspoon ground cloves (optional)
- Pinch of Celtic sea salt
- 1 scoop (about 30 g) unsweetened pea protein (optional for extra protein)

## Instructions

1. In a medium saucepan, whisk together:
  - Ripple
  - JUST Egg
  - Coconut milk
  - Maple syrup
  - Cinnamon
  - Nutmeg
  - Cloves
  - Salt
2. Place over **medium-low heat**, whisking continuously.
3. Cook gently until the mixture reaches **160°F (71°C)** or becomes lightly thickened. Do **not** boil.

4. Remove from the heat.
5. Stir in:
  - Vanilla extract
  - Pea protein (if using)
6. Blend with an immersion blender (or regular blender) for 20–30 seconds until silky smooth.
7. Refrigerate for at least **4 hours**, preferably overnight.
8. Before serving, whisk well and sprinkle with freshly grated nutmeg and cinnamon.

## Nutrition (Approximate per serving)

With pea protein:

- **Calories:** ~210
- **Protein:** ~16–18 g
- **Fat:** ~11 g
- **Carbohydrates:** ~10–12 g

Without pea protein:

- **Protein:** ~8–10 g per serving

## Holiday Variations



### Gingerbread Eggnog

Add:

- ½ teaspoon ground ginger
- Pinch of allspice
- Tiny pinch of black pepper
- Extra cinnamon



### Coffee Eggnog

Whisk in after chilling:

- 2 teaspoons instant decaf espresso powder  
**or**
- ¼ cup chilled strong decaf coffee

## **Chocolate Eggnog**

Blend in:

- 1 tablespoon cocoa powder
- Extra teaspoon vanilla
- Pinch of cinnamon

## **Pumpkin Eggnog**

Blend in:

- ¼ cup pumpkin purée
- ½ teaspoon pumpkin pie spice

## **Ninja Creami Eggnog Ice Cream**

Freeze the finished eggnog base for 24 hours.

Spin on **Lite Ice Cream** (or Ice Cream). If crumbly, add 1–2 tablespoons Ripple and use **Re-Spin**.

For an even richer treat, fold in:

- Toasted pecans
- Cinnamon
- Dairy-free white chocolate chips
- Crushed graham crackers
- A swirl of maple syrup

This recipe produces a thick, silky eggnog with a classic holiday flavor while using JUST Egg as a cooked custard base, giving it a texture that's remarkably close to traditional eggnog. Enjoy it chilled as a festive drink or transformed into a creamy Ninja Creami dessert.