



## Healthy HempNog

### Beat together:

6 Egg Yolks

1/4 cup Maple Syrup

1 teaspoon Cinnamon

1/4 teaspoon Nutmeg

1/2 teaspoon Salt

Dash of Vanilla

1 teaspoon Sticky Bud Organics Hemp Extract (if desired)

### Add:

10 cups Milk

1 cup Cream

### Directions:

Whisk together until foamy. Pour into glasses and serve.

**Note:** Due to the Hemp Extract we recommend this as an adult beverage.

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