

NATURAL NEWS

NATUROPATHIC CONNECTIONS
UPDATES



Time to celebrate sparkling & new!

As we come to the end of 2023, we celebrate and appreciate all that was. Our team expanded, our services increased and we introduced not one, but two practitioners and our Infrared & Halo Salt Sauna.

We welcomed Greta Leeson Naturopath & Nutritionist as well as Remedial Massage Therapist, Joy Cong.

Greta & Joy joined our team of experienced health practitioners, Louise Gerry (Naturopath, Nutritionist and Bowen Therapy Practitioner) and Riley McIvor (Bowen Therapy Practitioner, Dry Needling and Cupping Therapist) to assist in providing more services, more options and a tailored and signature caring approach to your health care!

Check out our continuously updated website and soon to arrive Blog to keep you informed about how we can assist you now and into 2024 and of course to book online!



Our Festive Season Hours

**** Product & Supplement
orders in by Monday 18th
Dec 5pm ****

**Clinic closes Friday 22nd
Dec 5pm & we re-open
Thursday 4th Jan at 9.30am**

GIFT VOUCHERS AVAILABLE



Egg Nog Recipe

- 4 cups canned coconut Milk or a quality organic cream
- 4 egg yolks
- ¼ cup maple syrup
- 1 teaspoon grated nutmeg
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract



Instructions

- In a blender, blend the egg yolks and maple syrup until light and fluffy on medium-high speed. Alternatively, use a hand-held mixer to beat the eggs and syrup until fluffy.
- Combine the coconut milk, nutmeg, and cinnamon in a medium saucepan and heat over medium-high heat until simmering, but not boiling. Be sure to whisk often to prevent the mixture from scalding.
- Once you see little bubbles beginning to form on the side of the pan, remove the coconut milk mixture from the heat. Turn the blender on low and very slowly stream in the hot coconut milk in the hole in the top of the blender (while the blender is running), into the egg mixture. Alternatively, slowly stream in the heated coconut milk while mixing with a hand-held mixer.
- Transfer the mixture back to the saucepan over a fine-mesh strainer to catch any lumps that may have potentially formed, and heat over medium heat until the mixture is thick and coats a wooden spoon, stirring/whisking constantly.
- Once the eggnog has thickened, remove it from the heat. Stir in the vanilla extract.
- Allow the eggnog to cool to room temperature, and then refrigerate to chill completely.

"One of the best ways you can thank us for assisting you with your results, is to refer someone to our clinic or email us your brief feedback in writing."

reception@naturopathicconnections.com.au
OR
go to our website and click on our 'Contact' page
for the Google Review Link

Recipe from: <https://amindfullmom.com/coconut-milk-eggnog/>

