

Dairy-Free Drinks Participate in the Notorious "Christmas Creep"

The press release actually came out last week, but I couldn't even bring myself to discuss Christmas during the first week of October. Yet, after checking out the massive Christmas decoration section already installed at my local department store, I felt that the non-dairy industry at least deserved this brief "Christmas Creep" mention. VitaSoy has already released their two famed holiday soy beverages onto store shelves, Holly Nog (the dairy-free, egg-free version of eggnog) and Peppermint Chocolate. Not only are they dairy-free, but they are also quite low in both fat and calories, unlike traditional, dairy-rich eggnog. My guess is that the soy nog from Silk will also be on grocer's shelves soon, if it isn't already. VitaSoy is sold in shelf-stable aseptic packages, while Silk's soy nog is usually sold in the refrigerated department. For a dairy-free and soy-free version of eggnog, see the recipe section of the guidebook, Go Dairy Free.