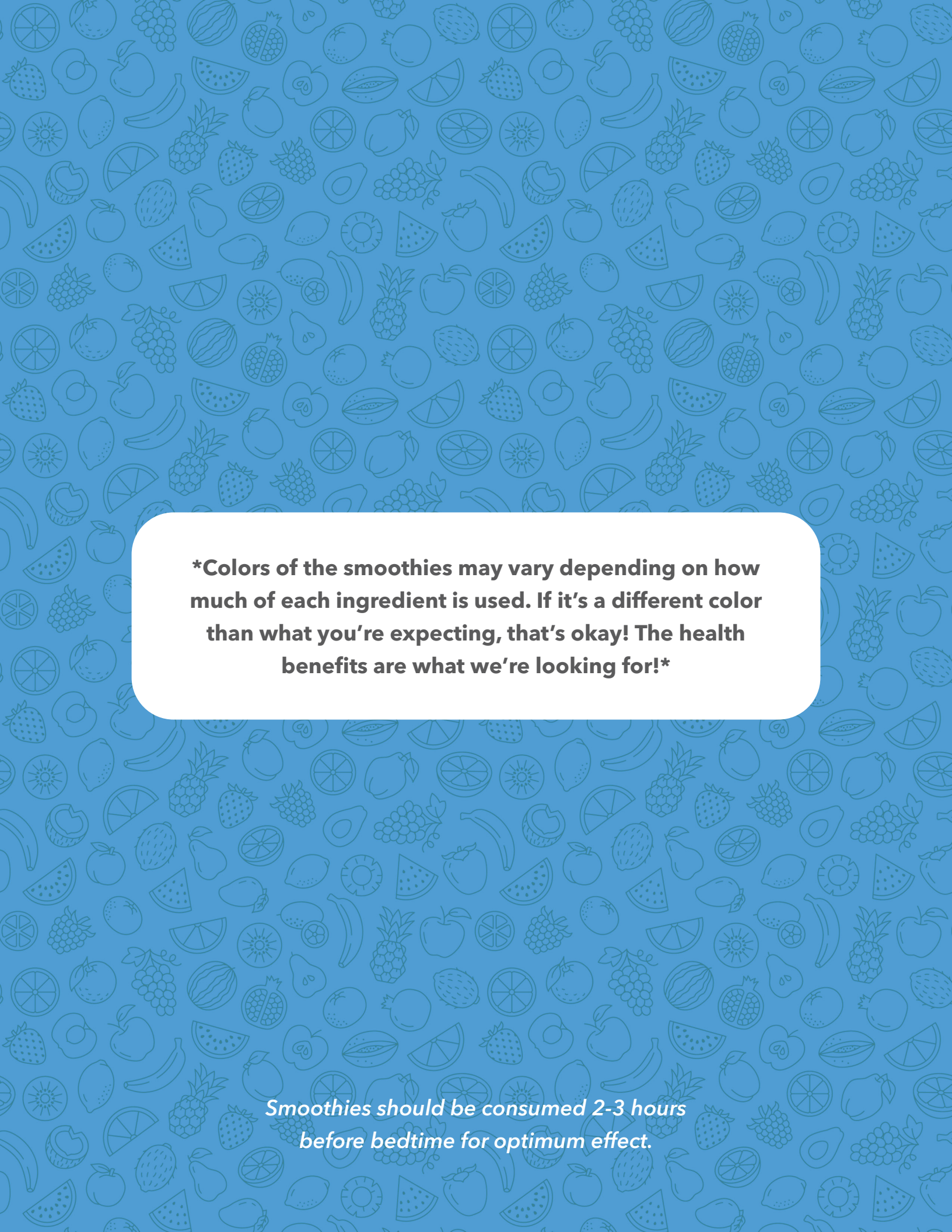




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Sleep Smoothie
< RECIPE >

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Colors of the smoothies may vary depending on how much of each ingredient is used. If it's a different color than what you're expecting, that's okay! The health benefits are what we're looking for!

Smoothies should be consumed 2-3 hours before bedtime for optimum effect.

Super Sleep Kiwi >>

Ingredients

- 1 Banana,
- ½ cup Kiwi,
- 2 tablespoon Almond Butter,
- 1 teaspoon, maple syrup,
- ½ cup almond milk,
- a dash of chamomile tea



Instructions

Kiwi powerfully increases melatonin in the body. In combination with banana for potassium and the sedative nature of chamomile tea, this smoothie is sure to help you catch some ZZZ's! Add maple syrup to taste for a balance of sweetness.

Tart Cherry Smoothie >>

Ingredients

- 2 small bananas,
- 1 cup mango,
- 1 cup tart cherries,
- 1 handful of spinach,
- 1-2 cups of coconut water



Instructions

Tart cherry contains an amino acid called tryptophan that helps the body produce melatonin. The coconut water adds vitamins to the body and the bananas add potassium and act as a sweetness balancer.

***I Dream of Peanut Butter Smoothie* >>**

Ingredients

- 2 tbsp. of peanut butter,
- 1 banana,
- 2 tbsp. flax seed,
- ½ cup almond milk,
- 1 tsp, honey



Instructions

This peanut butter smoothie is sure to make peanut butter lovers happy - with all the sleepy time benefits! Flax seeds full of Omega-3 fatty acids which act as a mood lifter. If you're feeling anxious or stressed before bed, this smoothie can help you relax.

***Dr. Largeman-Roth's Special Sleep Smoothie* >>**

Ingredients

- 5 ounces of plain yogurt,
- 1 cup of grapes,
- ½ rolled oats,
- ¼ cup walnuts,
- ½ cup oat milk,
- 1 small banana



Instructions

Dr. Largeman-Roth, RDN, author of *Smoothies & Juices: Prevention Healing Kitchen*, shares that the secret to good sleep is boosting serotonin. Serotonin is a "feel-good" neurotransmitter that will help you relax and feel calm, and this smoothie is full of serotonin producers!

Spiced Oatmeal Delight >>

Ingredients

- ¼ cup rolled oats,
- ¼ cup water,
- ¼ cup milk,
- 1/3 cup greek yogurt,
- ½ teaspoon ground cinnamon,
- 1 pinch of turmeric,
- 1 apple cored and chopped,
- 1 teaspoon vanilla extract,
- 1 teaspoon pure maple syrup,
- a small squeeze of fresh lemon juice,
- 1 fresh date pitted and chopped,
- ice cubes



Instructions

This smoothie is full of oatmeal, a high-fiber content and low-glycemic index food. It will produce the right amount of fullness and sleepiness without the heaviness to induce sleep. This one is sure to bring a smile to spiced cider lovers everywhere!

Orange Immunity >>

Ingredients

- 1 ripe banana,
- 1 tablespoon almond butter,
- ¼ teaspoon of ground turmeric,
- ¼ teaspoon of cinnamon,
- ¼ teaspoon of ginger.
- ½ tablespoon of chia seeds,
- ¾ cup unsweetened almond milk,
- ¼ cup orange juice,
- 1 large handful of ice



Instructions

This smoothie is sure to improve the sleep of anyone feeling under the weather - or who would like to avoid a cold altogether! It is perfectly sweet, subtly spiced and gingery. Packed with nutrients!

Kale & Edamame Piña Colada >>

Ingredients

- 1/3 cup of edamame beans,
- 1/2 cup of pineapple chunks,
- 2/3 cup of coconut milk,
- 1/3 cup of pineapple juice,
- 1 cup of kale,
- 1/2 banana,
- Pomegranate seeds optional for garnish



Instructions

This is an effective sleep smoothie, packed with potassium, magnesium, and calcium. It's full of fiber and protein so you won't be hungry for the rest of the night!



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