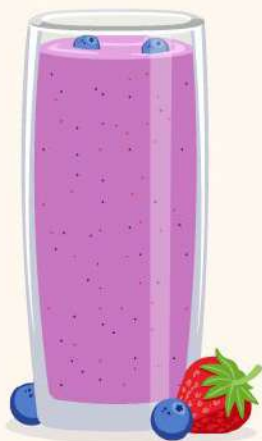


BERRY SLEEPY SMOOTHIE



Enjoy a nutrient-packed
BEDTIME smoothie for a
RESTFUL sleep.

INGREDIENTS



1 Serving
MaryRuth's Coconut
Dream Liquid Nighttime
Multimineral



1 Cup
Frozen Mixed Berries



1/2 Cup
Dairy-Free Yogurt



1 Cup
Plant-Based Milk

INSTRUCTIONS

1. Add milk, yogurt, and frozen berries to the blender and blend until smooth.
2. Pour into a glass and stir in 1 serving of MaryRuth's Liquid Nighttime Multimineral.