

CALMING CRANBERRY COOLER



With **NATURALLY** occurring
melatonin and added magnesium
for **SLEEP SUPPORT!**

✦ INGREDIENTS ✦



1 Serving
MaryRuth's Cranberry Dream
Liquid Nighttime Multimineral



1/2 Cup
Pure Tart Cherry Juice



1/2
Lime, Juiced



2-3
Mint Leaves



Cranberry Sparkling Water



2-3
Cranberries
(For Garnish)

✦ INSTRUCTIONS ✦

1. Add the mint leaves and lime juice into your glass and muddle.
2. Add ice and cherry juice to your glass.
3. Stir in one serving of MaryRuth's cranberry-flavored Liquid Nighttime Multimineral.
4. Top off with cranberry sparkling water, add some cranberries for garnish, and enjoy the sleep-inducing effects!