



Lull yourself into a **DREAM** of your own **TROPICAL OASIS!**

+ INGREDIENTS +



1 Serving
MaryRuth's Liquid
Nighttime Multimineral
(Coconut or Pineapple Flavor)



1/3 Cup Coconut Water



1/2 Cup Pineapple Juice



Orange Juice (To Taste)



Ice

+ INSTRUCTIONS +

- 1. Pour the coconut water and pineapple juice into a glass, then add a splash of orange juice.
- 2. Stir in one serving of your favorite Liquid Nighttime Multimineral, add ice, and enjoy!