

COCONUT DREAM FiZZZ



A **SOOTHING** bedtime beverage
to **SUPPORT** your sleep.

✦ INGREDIENTS ✦



1 Serving
MaryRuth's Liquid
Nighttime Multimineral Coconut Dream



3/4 Can
Lime Sparkling Water



1/4 Cup
Full-Fat Coconut Milk



1 1/2 Oz
Lime Juice



1/2 Inch
Fresh Ginger



Salt
(For The Rim)

✦ INSTRUCTIONS ✦

1. Line a glass with salt. Place coarse sea salt on a small plate. Rub the top of the glass with a lime wedge to get it wet. Dip the rim in the sea salt to coat. You may need to use your hands.
2. Add all ingredients to a high-powered blender and blend until smooth.
3. Pour into glasses.
4. Top with more sparkling water and garnish with a lime wedge.
5. Enjoy in the evening for a soothing part of your bedtime routine!