

CRANBERRY NAP NIGHTCAP



SUPPORT healthy stress levels
& relaxation while sipping
on this **HEALTHY** nightcap!

Yields: 2 Servings

INGREDIENTS



1 Serving
MaryRuth's Cranberry Dream
Liquid Nighttime Multimineral



1 Cup
100% Cranberry Juice



1/2 Cup
100% Apple Juice



Sparkling Water



Ice



2 Sprigs
Fresh Rosemary
(For Garnish)



Fresh Cranberries
(For Garnish)

INSTRUCTIONS

1. Mix the cranberry and apple juices together in a pitcher and keep in the refrigerator until you're ready to serve the drinks.
2. Fill two glasses halfway with ice and pour the juice until each glass is about 1/3 of the way filled.
3. Top off the last 2/3 of the glasses with the sparkling water.
4. Stir in one serving of the cranberry liquid multimineral into each glass.
5. Garnish each glass with a sprig of fresh rosemary and a few cranberries.