

LEMON LULLABY ELIXIR MOCKTAIL



A **CREAMY** and **TART** bedtime beverage to lull you to **SLEEP**.

✦ INGREDIENTS ✦



1 Serving
MaryRuth's Lemonade Dream
Extra Strength Liquid
Nighttime Multimineral



1/2 Cup
Fresh Squeezed Lemon Juice



1/4 Tsp
Almond Extract



2 Tbsp
Almond Milk



Sparkling Water

✦ INSTRUCTIONS ✦

1. Add the lemon juice, almond extract, and almond milk into a glass and stir to combine.
2. Add ice and top off with sparkling water.
3. Stir in MaryRuth's Extra Strength Liquid Nighttime Multimineral and lull yourself to sleep!