

# SLUMBERING SUNSET ARNOLD PALMER



Enjoy a **HEALTHY** twist on this classic beverage with important minerals for **SLEEP REGULATION**.

## INGREDIENTS



1 Serving  
MaryRuth's Liquid  
Nighttime Multimineral  
Lemonade Dream



2 Cups  
Cold-Brewed  
Decaf Black Tea



1 Cup  
Water



1/2 Cup  
Fresh-Squeezed  
Lemon Juice



1/4 Cup  
Monk Fruit Sweetener  
(Or More To Taste)

## INSTRUCTIONS

1. Mix together the tea, water, lemon juice, and monk fruit sweetener in a pitcher.
2. Store in the fridge until ready to use to keep cold.
3. Add ice to your glasses and pour in your Arnold Palmer mixture.
4. Stir in one serving of MaryRuth's lemonade-flavored Liquid Nighttime Multimineral into each glass.