

Magnesium Sleep Smoothie

This smoothie is rich in sleep-supporting nutrients that help your body relax and recover. AND it's packed with flavors that bring joy to your taste-buds.

It's the perfect smoothie for your bedtime routine!

Total Time: 5 minutes

Servings:1

INGREDIENTS

Smoothie

- 1 Kiwi, chopped
- 1 Banana, chopped
- ½ cup Yogurt
- ½ cup chopped Tart Cherries
- ½ cup Coconut Water
- 1 serving Ionic-Fizz™ Magnesium Plus™

Toppings (optional)

- Non-fat Vanilla Greek Yogurt
- Berries
- Unsweetened shredded coconut
- Chia seeds

INSTRUCTIONS

1. In a blender add kiwi, banana, yogurt, cherries, coconut water, and Ionic-Fizz™ Magnesium Plus™.
2. Blend on high until creamy and smooth, scraping down sides as needed.
3. Serve as is or layer with Greek yogurt and top with desired toppings.

