



SLEEPING BEAUTY SMOOTHIE

INGREDIENTS:

- 50g uncooked old-fashioned rolled oats
- 2 good handfuls of baby spinach
- 1 cup brewed chamomile tea (cooled)
- 15ml capful tart cherry juice (or more tea)
- 1 banana (fresh or frozen)
- 1 tablespoon almond butter

METHOD:

- Place uncooked oats in blender. Blend until finely ground.
- Add spinach, chamomile tea, cherry juice, bananas, and almond butter to the blender. Puree until smooth. – add more tea liquid if required.
- Divide between two glasses or mugs and enjoy.

TIPS:

- If unsweetened tart red cherry juice can't be procured, substitute with extra chamomile tea or water. Or use 1 cup frozen or fresh tart red cherries plus a little water.
- For a soothing night-time drink, this smoothie can also be served warmed up.



SLEEPING BEAUTY SMOOTHIE 2

INGREDIENTS:

- 100-200ml unsweetened almond /coconut /oat milk
- Frozen pineapple chunks
- 1-2 tablespoons of almond butter
- ½ - 1 banana
- 5 small mint leaves
- 2 drops liquid stevia or vanilla essence

METHOD:

Blend all the ingredients together and enjoy!

CHOCOLATE SEDATION SMOOTHIE

- 1 Ripe small banana
- 2 Tbsp. Cacao Powder, unsweetened
- 1 tsp coconut oil
- 100ml-200ml coconut water/ or regular water
- 1 tbsp. almond butter
- ¼ Avocado
- 1-2 drops vanilla essence
- 1-2 tbsp. of maple syrup

METHOD:

Blend all the ingredients together and enjoy!



TROPICAL SMOOTHIE

INGREDIENTS

- Fresh pineapple chunks
- 1 medium kiwi, skin intact
- 1 banana
- 1 tablespoon almond butter
- 1 tsp MACA powder
- Coconut milk / oat milk / almond milk

METHOD:

Blend all the ingredients together and enjoy!



A healthy bedtime snack includes complex carbohydrates, some protein and a bit of calcium

Snacks generally fall into 2 categories: those that induce sleep and those that give us energy – “sleepers” and “wakers,”

- Wholegrain crackers with cottage cheese
- Seafood, meat or poultry e.g turkey or chicken / cottage cheese wrapped in lettuce leaves
- Whole grains, such as a bowl of cereal with skim milk
- Scrambled eggs
- Peanut Butter / Almond Butter on wholegrain toast
- Yogurt with granola sprinkled on top
- A sliced apple with some hard cheese
- Warm porridge oats with seeds / MACA powder or CACAO powder / Oat milk or Almond Milk