



# Bedtime Mocktail

## Ingredients

- 4 oz. tart cherry juice
- 6 oz. of your our choice of carbonated beverage:
  - Plain sparkling water
  - Flavored sparkling water, such as Lacroix, Spindrift or Ciao (lemon, lime and cherry flavors work well)
- Optional add ins:
  - Juice from 1 lime
  - 2 teaspoons honey
  - 2 teaspoons maple syrup
  - 1/8 teaspoon vanilla extract
  - 1/8 teaspoon sea salt
  - 1/4 cup frozen tart cherries

## Instructions

- If using, mix together optional add ins with tart cherry juice first.
- Add ice and carbonated beverage to the mocktail.
- Stir well & enjoy!

## Notes:

- Mocktail can be enjoyed simply by combining the tart cherry juice with water if preferred.
- For optimal benefits, it is recommended to consume tart cherry juice 1-2 hours before bedtime. This allows the juice's natural melatonin content to have time to take effect.

## Base Recipe (without optional add-ins):

Calories: ~70-80 kcal | Carbs: ~18-20 g | Sugars (natural): ~17-19 g | Protein: ~0.5 g | Fat: 0 g | Fiber: ~0.5 g | Sodium ~10-20 mg (depends on beverage) | Potassium: ~250-300 mg | Vitamin C: ~5-10% DV

- Tart cherry juice provides most of the calories, carbs and potassium.
- Sweetened sparkling water may add additional calories and carbohydrates.