

*Tart Cherry Sleepy Time Mocktail: A Nightly Drink for Restful Sleep and Gut Health*

**Servings: 1 Prep: 5 MIN Cook time: 0 MIN**

**Ingredients**

- ¼ cup tart cherry juice or 2 Tbsp tart cherry juice concentrate
- 1 scoop or serving magnesium powder
- Top with prebiotic soda or mineral sparkling water
- pinch of sea salt
- Ice



**Directions**

1. Start by pouring cherry juice or concentrate into a tall glass. Mix in magnesium powder and add ice. Top it off with soda or mineral water, and stir until all the ingredients are well combined. For an extra zing, squeeze in lime juice and add a pinch of sea salt. Finally, sit back, relax, and enjoy the rest of your night!