

SnooZzze Mix

SnooZzze mix is a sleepy cousin of "trail mix". It's an excellent choice for a quick, sleep-promoting bedtime snack. It's also very customizable! Eat this mix on its own or:

- use as a yogurt, kefir or oatmeal topper
- make a sorbet out of frozen cherries or kiwifruit and top with this mix
- add oats and almond butter then roll into energy bites
- add a touch of honey and lightly toast to make a granola



NutZzz

Nuts like **almonds**, **walnuts**, **pistachios**, and **cashews** are good for sleep. They contain melatonin and omega-3's as well as minerals like magnesium and zinc, which together can help people sleep better. They also contain satiating protein.

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SeedZzz

Pumpkin seeds, **sesame seeds**, **sunflowers seeds** and **chia seeds** provide essential sleep nutrients like magnesium, zinc and tryptophan. They also add texture to the mix and healthy omega-3's and protein.



Dried Fruit

Dried tart cherries are the star here. They help synthesize melatonin and contain tryptophan.

They are also rich in disease-fighting antioxidants and can help reduce blood pressure. **Dried kiwifruit** would also be a great addition, as it helps to increase serotonin.

*Remember to look at nutrition fact labels-dried fruits are often high in added sugar. Look for products with low- to no-added sugar.

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