

Sleep Supporting Tart Cherry Mango Smoothie

A sleep supporting smoothie might sound strange, but the ingredients in this smoothie may just help you sleep better! Tart cherries are rich in melatonin, a hormone responsible for sleepiness and mangoes contain magnesium, a mineral which may help you fall asleep more quickly.

Ingredients

(Makes 2 servings)

- 1 ½ cups tart cherry juice
- 1 ½ cups frozen mango chunks
- ¾ cup plain Greek yogurt
- 1 teaspoon honey (or agave)

Directions

1. Put all of the ingredients in a blender. Blend on high for about 1 minute. Scrape down sides if needed, and blend again, until everything is incorporated. Serve and enjoy!