

## **Bedtime Smoothie**

*It's been known that certain foods will help you sleep. Things like oat milk, almond milk, leafy green vegetables, avocados, almond butter, dried fruits and cacao. Here, we've added them all together into one great recipe. This one's especially great for the summer!*

### **Ingredients**

- ½ cup of almond or oat milk
- ¼ cup fresh spinach (organic)
- ½ of a Hass avocado
- ¼ cup of fresh mint leaves (remove the leaves from the stem to avoid stems in your drink)
- 1 tablespoon of unsweetened organic almond butter
- 1 pitted date
- 5-6 ice cubes
- 2 tablespoons of Cacao nibs/bites

### **Directions**

Add all of the ingredients into a blender.  
Blend until smooth and creamy.  
Drink cold for bedtime.