



# Clean Eating

## SLEEP-PROMOTING EVENING SHAKE



2 servings



20 minutes

## INGREDIENTS

- 1 banana
- 1 cup (8 oz/ 250 ml) unsweetened almond milk
- 2 tbsp gluten-free whole oats
- 1 tsp raw honey
- ½ tsp ground cinnamon

## DIRECTIONS

- Add all ingredients to blender and blend until smooth.
- Enjoy as an afternoon or early evening drink.

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## NOTES

Along with magnesium content from the bananas, almond milk and oats can help relax your muscles and prevent restlessness in order to fall into a deep sleep.

Raw honey has long been used for years as a natural sleep aid as it is said to assist in the release of melatonin.

Enjoy this 1-2 hours before bed to feel the benefits.

CREDIT: Rachel Morrow [foodmatters.com](https://www.foodmatters.com)