



Dreamy Creamy Bedtime Drink

It is the common home remedy for sleeplessness – Warm Milk

1 cup warm milk

2 Tablespoons almond butter

Garnish: Sweet Spices as desired

With a mini mixer, whisk the two ingredients together. Serve in an attractive glass; sprinkle with a dusting of Sweet Spices.

About the Recipe: Milk contains four sleep-promoting compounds: tryptophan, calcium, vitamin D, and melatonin. However, warm milk and bedtime seem connected emotionally to us through our childhood. Since we know it makes us sleepy, it will work.