

THE SLEEP TIME CUBES

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INGREDIENTS

TART CHERRY CUBES ARE TART CHERRIES BLENDED OR JUICED AND FROZEN INTO CONVENIENT PORTIONS. ADD A CUBE TO SMOOTHIES, YOGHURT, OATS OR SPARKLING WATER FOR A BRIGHT, TANGY CHERRY FLAVOUR.
FRESH CHERRIES

PREPARATION

- REMOVE ICE CUBES FROM PACKAGE (15 CUBES ARE SUPPLIED, 3 CUBES PERFECT FOR 1 PORTION)
- ADD TO A SHAKER, OR A CUP (FOR TEA)
- COVER CUBES WITH WATER OR LIQUID OF YOUR CHOICE (SPARKLING WATER LIQUID OF CHOICE)

BENEFITS

- **RICH IN ANTIOXIDANTS:** ANTHOCYANINS GIVE TART CHERRIES THEIR DEEP RED COLOUR
- **MUSCLE RECOVERY SUPPORT:** SOME STUDIES LINK TART CHERRY TO LESS POST-EXERCISE SORENESS
- **EVENING ROUTINE:** CONTAINS NATURAL MELATONIN AND MAY SUPPORT RESTFUL SLEEP, THOUGH AMOUNTS ARE SMALL
- **POTASSIUM AND VITAMIN C:** NUTRIENTS THAT SUPPORT FLUID BALANCE AND NORMAL IMMUNE FUNCTION
- **TANGY AND LOW IN SUGAR:** LESS SWEET THAN REGULAR CHERRIES
- **CONVENIENT:** PRE-PORTIONED, WITH NO PITTING, JUICING OR WASTE

NUTRITIONAL FACTS

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