

Sally Wisbey's Smoothie of the month



Trouble sleeping can be caused by all sorts of things and can really affect your life. This smoothie contains lots of ingredients that are known to induce a good night's sleep.

You will need:

- ▶ ½ cup of organic milk
- ▶ 1 tsp of almond butter
- ▶ ½ fresh banana
- ▶ Handful of frozen cherries
- ▶ ¼ tsp of grated nutmeg (optional)



Put all ingredients into a blender and whizz until smooth.

Sally says:

"Milk has been used for many years as a sleep remedy due to its high levels of tryptophan, an amino acid which is a precursor to serotonin. Serotonin is a neurotransmitter that plays a large part in mood and creating relaxation. Cherries contain high levels of melatonin, a hormone that acts as a neurotransmitter and plays a big part in our sleep-wake cycle, helping to regulate our sleep pattern.

Bananas also contain melatonin and serotonin and are rich in magnesium, a muscle relaxant which plays a key role with sleep. Almonds are an excellent source of calcium which helps the brain to make melatonin. They also contain good levels of magnesium which aids relaxation. Almond milk can also be used instead of cows' milk for this recipe and works just as well.

Nutmeg has been used for years as a natural sleep aid so is a great ingredient to add to this smoothie if desired."

■ To find out more about Sally, visit www.sallywisbeynutrition.co.uk or follow her on Twitter: @wizznutrition