

Foods That Help You Sleep

When my tummy is growling, my sleep is a thing of the past! There is beauty in knowing what foods to enjoy for better sleep that won't spike blood sugar levels!

It's been more than 8 hours since you've eaten and now you're hungry at bedtime.

You can make a warm smoothie with 6 green grapes, 1/2 banana, and 1/2 cup organic unsweetened coconut milk. Slightly warm coconut milk, add in grapes and banana. Blend in Vita-mix. Grapes contain melatonin. Bananas contain tryptophan. This combination satiates the brain and the gut.

Nutrient deficiencies can cause insomnia.

You can rebuild with half of a folate and magnesium-rich avocado **OR** four organic raw almonds and listen to how your body responds. Magnesium helps calm us before bed and organic avocados and raw organic almonds (good fats) help decrease our risk for obesity.

Melatonin helps us relax and sleep better!

Kiss insomnia goodbye. Choose organic tart cherries, or a juicy fresh organic peach, or a few fresh organic figs. These are rich in Melatonin and Tyrosine.

Published Author & Coach: Connie Rogers www.bitesizepieces.net