

# SLEEPY MOCKTAIL

This is new for me but they have been quite effective this winter, especially the cherry one. I do enjoy pure cranberry too.

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## *Ingredients*

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1 part tart cherry or cranberry juice  
1 part kombucha or seltzer water  
1 orange

## *Instructions*

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Mix your juice of choice with either kombucha or seltzer water (preferably in a cute glass).

Squeeze 1/2 of an orange into your mixture.

Stir and drink just before bed.