

# SLEEP SMARTER. PERFORM BETTER.



## SLEEPY TIME SNACKS

Establishing and maintaining good sleep habits help kids fall asleep, stay asleep, and wake up rested and refreshed.

What about when they are hungry before bed? A good snack, eaten 1-2 hours before bedtime, might help with a great night's sleep. Certain nutrients, such as calcium, magnesium, potassium and protein, are not just good for growth and development; they help kids sleep as well! Better sleep leads to improvements in health, wellbeing, and academic achievement.

*Encourage parents to add these easy and healthy bedtime recipes to their kids' evening routine.*

**LOOKING FOR MORE RESOURCES TO HELP KIDS GET THE SLEEP  
THEY NEED TO PERFORM AT THEIR BEST?**

Get started at [HealthierGeneration.org/SmarterSleep](https://HealthierGeneration.org/SmarterSleep)

#SmarterSleep



sleep  number.



Tart cherries contain melatonin while bananas pack a punch of potassium. Both may help you fall fast asleep. This recipe is a fun, hands-on snack to make at your next sleepover.

1 c. frozen  
**TART  
CHERRIES**



# Cherry Banana SMASH

**1 RIPE  
BANANA**

## PREPARATION:

1. Combine  $\frac{1}{2}$  c. cherries and  $\frac{1}{2}$  of the banana in a Ziploc bag. Seal it up.
2. Using your hands, smash the contents of the bag until smooth.
3. Open the bag, grab a spoon, and enjoy your smoothie-in-a-bag!

**SERVINGS: 2**

**PREP TIME: 5 minutes**

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ALLIANCE FOR A  
HEALTHIER  
GENERATION



sleep  number.

Melatonin, fiber, protein, magnesium, phosphorus, antioxidants – the sleep-promoting nutrients in this grab-and-go snack is off the chartzzz!

# Get Some ZZZs GRANOLA

## PREPARATION:

1. Preheat oven to 325°.
2. Line a large baking sheet with parchment paper.
3. In a large bowl, combine oats, pistachios, and cinnamon.
4. In a small bowl, combine cinnamon, honey, oil vanilla extract, and almond extract (if using).
5. Pour over the oat mixture and stir until evenly coated.
6. Spread the mixture onto baking sheet and bake for 25 minutes or until golden brown, stirring every 5-10 minutes.
7. Remove from oven and let cool completely.
8. Stir in cherries and raisins.
9. Store in an airtight container for up to three weeks.

**SERVINGS:** 8

**PREP TIME:** 5 minutes

**COOK TIME:** 25 minutes

1/2 tsp.  
**GROUND  
CINNAMON**

2 c.  
**ROLLED OATS**

1/2 - 1 c.  
**SLIVERED  
ALMONDS**  
(to preference)

2 Tbs  
**HONEY** (or agave)

1 Tbs.  
**VEGGIE OIL**

2 Tsp.  
**VANILLA  
EXTRACT**

1/4 tsp.  
**ALMOND EXTRACT**  
(optional)

1/2 c.  
Dried tart  
**CHERRIES**

1/2 c.  
**RAISINS**