

# Sleepy Girl Mocktail

Prep Checklist + Grocery List | [HomemadeRecipes.com](https://www.HomemadeRecipes.com)

## BASE FORMULA

1/2 cup tart cherry juice + 1 serving magnesium powder + sparkling water to fill, over ice

Mix in glass. Stir 20-30 seconds until powder dissolves. Top with fizzy water. Done.

## GROCERY LIST

### MUST-HAVES

- Tart cherry juice (unsweetened)
- Magnesium powder
- Sparkling water
- Ice

### CHERRY JUICE — PICK ONE

- Montmorency concentrate (best value)
- Ready-to-drink unsweetened
- Organic cold-pressed (splurge)
- Tart cherry extract powder (low sugar)

### MAGNESIUM — PICK ONE

- Magnesium glycinate (relaxation)
- Magnesium citrate (budget-friendly)
- Flavored blend w/ L-theanine (premium)
- Unflavored glycinate powder

### OPTIONAL UPGRADES

- Prebiotic soda (cherry or berry)
- Lavender simple syrup
- Chamomile or valerian tea bags
- Collagen powder (unflavored)
- Fresh lemon (for garnish)

## PREP CHECKLIST

### BEFORE YOU START

- Pull out a tall clear glass or tumbler
- Fill glass with ice
- Have a long spoon ready for stirring
- Set out all ingredients on the counter

### MAKING THE DRINK

- Pour 1/2 cup tart cherry juice over ice
- Add 1 serving magnesium powder
- Stir 20-30 sec until fully dissolved
- Top with sparkling water or prebiotic soda
- Add lavender syrup if using (1/2 tsp)
- Add lemon squeeze if desired
- Give one final gentle stir

### SHOPPING TIPS

- Check ingredient list: juice should be first
- Sugar target: under 10g per serving
- Concentrate = cheaper per glass
- Glycinate = better for relaxation
- Fine-milled powder = no grit or clumping
- Dose: 200-400mg elemental magnesium

### MAKE IT A RITUAL

- Make it at the same time every night
- Use a glass you actually like drinking from
- Put the phone down while you drink it
- Give it 1 full week before judging results

## QUICK REFERENCE: WHAT TO BUY

**Cherry juice:** Unsweetened | Montmorency variety | Concentrate for best value

**Magnesium:** Glycinate for sleep focus | Citrate for budget | Fine-milled for mixability

**Add-ins:** Prebiotic soda | Lavender syrup | Chamomile tea | Unflavored collagen