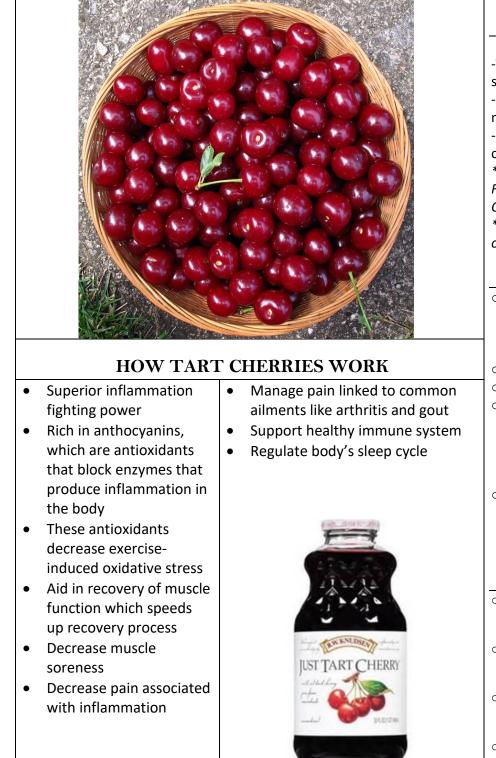
## **SOUR POWER**

Tart Cherry Juice



## **GROCERY STORE TIP**

-There are two types of cherries; tart or sweet.

-Other names for tart cherries include: montmorency, pie, and sour cherries. -Sweet cherries include: bing and rainier cherries.

\*Shop for 100% TART Cherry Juice or Fresh or Dried Tart Montmorency Cherries

\*\*Trader Joes has the least expensive options

## TART CHERRIES AND SLEEP

- Tart Cherries are a natural source of melatonin which is a hormone that regulates the body's natural sleep cycle
- Promotes increased sleep time
- Promotes increased sleep quality
- Adequate sleep helps increase performance, mood, focus, motivation, immune function, testosterone levels, and reaction time.
- Inadequate sleep decreases body's ability to efficiently metabolize carbohydrate.

## **RECIPES, RECOVERY, SNACKS**

- Post workout recovery: 8 oz tart cherry juice with ½ scoop whey protein powder (NSF Certified for Sport or BSCG)
- Trail mix: ¼ c dried Montmorency cherries, ½ c pretzels, 1/8 c almonds, and 1/8 c dark chocolate chips
- Smoothie: blend ½ banana, ½ c. frozen berries, ½ c. tart cherry juice, 4 oz plain Greek yogurt, ice and water to taste
- $\circ$   $\quad$  Tart cherry bars/ see recipe on back