

**Dr. Oz Strawberry Sleepy Smoothie**

This recipe is courtesy of the Dr. Oz show. The segment featured natural remedies that can help you supercharge your sleep. According to Dr. Oz, grape skin powder contains melatonin and other anti-inflammatory polyphenols making it one of the most powerful antioxidants.

Get your nightly dose of grape skin powder by trying this smoothie two hours before bedtime.

**Combine the following ingredients in a blender and enjoy:**

1 tablespoon of organic grape skin powder (Bioflavia)

1 cup of frozen strawberries

1 banana

1 cup sparkling water

4-5 ice cubes

