



Recipes to Help with Sleep

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Roasted Chickpeas

Ingredients:

- 1 (15-oz) can chickpeas, rinsed thoroughly and dried
- 1 Tbs olive oil
- $\frac{3}{4}$ tsp salt
- 2 tsp spices (chili powder, curry powder, garam masala, smoked paprika, cumin, sumac, black pepper, garlic powder, onion powder)

Directions:

1. Preheat oven to 400° F.
2. Rinse chickpeas, and pat dry with a dish towel or paper towel. Chickpeas should feel dry to the touch.
3. Place chickpeas on a parchment paper lined baking sheet, drizzle olive oil over them, and then sprinkle on spices. Stir thoroughly until all chickpeas are evenly covered.
4. Roast for 20-30 minutes, stirring chickpeas every 10 minutes. Remove from oven once outside of chickpeas are *crispy and golden.
5. Serve while chickpeas are warm and crunchy.

**If chickpeas are not crunchy enough, turn off the oven and leave the chickpeas in there while it cools to increase crunchiness without burning.*

Cherry Lime Gut Gummies

Ingredients:

- $\frac{3}{4}$ cup tart cherry juice
- $\frac{1}{4}$ cup fresh squeezed lime juice, strained
- 2 tbsp raw honey
- 3 Tbs gelatin



Directions:

1. Add cherry and lime juice to a saucepan, and heat over medium heat until steaming but not yet boiling.
2. Lower heat, and whisk in honey until dissolved, then add one tablespoon at a time of the gelatin, whisking until fully dissolved each time.
3. Once all the gelatin has been added and it is completely dissolved remove from heat and transfer to molds, mini muffin pans with liners, or a greased or parchment paper-lined 8x8 in a baking pan.
4. Place in the refrigerator for 1-2 hours, then pop out of molds or remove from the pan and cut into squares, and enjoy!

Golden Milk

Ingredients:

- $\frac{3}{4}$ cup dairy-free milk (oat, almond, coconut, cashew, or hemp)
- $\frac{3}{4}$ cup water
- 1 Tbs grated ginger
- 1 tsp ghee
- $\frac{1}{2}$ tsp ground turmeric
- $\frac{1}{2}$ tsp ground cinnamon
- Pinch ground black pepper
- 1 tsp honey (more to taste)

Directions:

1. Add all ingredients except for honey to a saucepan and bring to a boil.
2. Reduce heat to low and simmer for 5-10 minutes, stirring occasionally.
3. Remove from heat, strain out fresh ginger, add honey, and enjoy!