

Delicious Revolution presents

Rest and Relaxation Recipes

By Chef Joy Houston



Rest and Relaxation Recipes

By Joy Houston, a teaching chef for ...



Quality sleep is paramount according to all health experts worth their salt. That is because they realize sleep is our time to regain strength, rebuild ourselves, allow ourselves to drift back to center unswayed by the gravitational pull of the responsibilities we take on in our waking lives. To invite in the full recharging, healing abilities of sleep, we sometimes need support.

The recipes included in this collection are composed of ingredients associated with calming the body and mind in preparation for better sleep. I've done my best to combine flavors that I hope you find pleasurable. What I ask of you is that you prepare these recipes with intention. In preparing homeopathic and naturopathic remedies, it is said that the intention of the practitioner to support the body back into ideal functioning is the key ingredient that activates the potential of any elixir.

As you prepare the ingredients, be present to the gift you are giving your body by supporting it in a peaceful night's rest. As if you are wrapping a gift to a beloved friend, give the same amount of loving care and excited anticipation about how well a good night's sleep will be received by your hard working self.

May these recipes and all the food that fuels you support you in living a life you love. These recipes support you in experiencing deep sleep. For more exploration of the relationship between food and the life you want, connect with me on [Facebook](#) or sign up at www.DeliciousRevolution.com. When you do, you will be given free access to the Five Day Juice Feast. This five day adventure will not only reset your body for weight loss and improved energy, it will awaken you to the connection between food and attracting life experiences with intention. Until then...

Sleep well.

Joy Houston

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Calm Down Cream

- sleep inducing
- anti-inflammatory
- alkalizing
- balances blood sugar
- soothes digestion



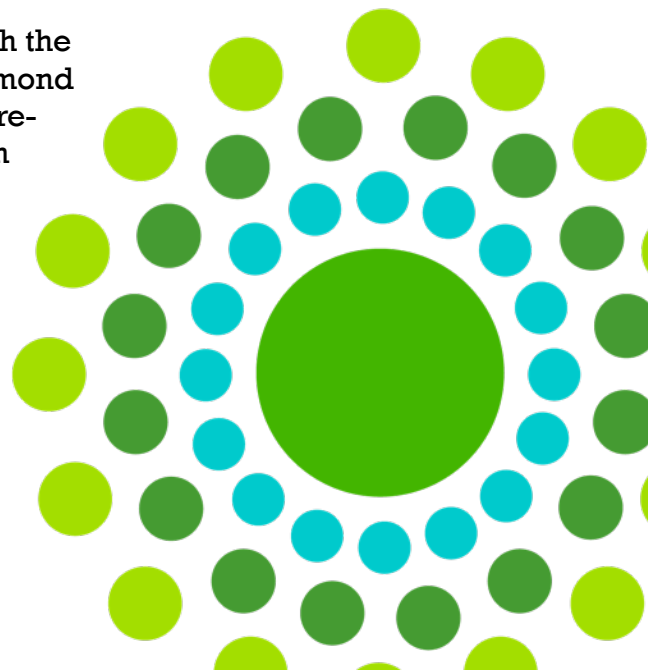
The calming effect of this drink comes from the fact that it contains nuts that are a good source of magnesium which can both relax the muscles and help the body manufacture serotonin more effectively. Nutmeg can cause hallucinations at high doses, but the dash included here can induce drowsiness and a sense of happy, well-being. Sweet dreams!

Ingredients:

1 cup warmed almond milk ([see this video on two ways to make your own](#))
1/2 teaspoon fresh, finely grated turmeric root
1/2 teaspoon fresh, finely grated ginger
1/2 teaspoon fresh ground cinnamon
dash of freshly grated nutmeg
OPTIONAL: sweeten with raw honey or [monk fruit \(lo han\)](#) or blend with one medjool date

There are three ways to make this. You can enjoy it with the texture of the turmeric, ginger and cinnamon in the almond milk. Alternatively, you can put the spice mixture in a reusable cloth tea bag or wrap it in cheesecloth tied with food-safe twine and steep the mixture in the almond milk as it warms. The third option is to brew it all together including a pitted Medjool date and then blend in a Vita-Mix or other high speed blender for a creamy smooth finish to this warm, sleep inducing tonic.

Learn more at www.DeliciousRevolution.com





Sleepy Sweet Tart

- sleep-inducing
- increases melatonin
- hydrating
- soothing
- calming

Light night cap

Tart cherry juice is far lower in sugar than standard cherry juice and has been shown to increase the levels of melatonin in the body. Take great care in selecting your cherry juice because it is often mixed with high-sugar juices like grape or apple. You want straight sour cherry juice for this recipe to avoid boosting sugar levels. If you enjoy mulled cider, try this combination warmed.

Ingredients:

3 cups Tart Cherry Juice (organic & in glass containers)
3 cups strongly brewed chamomile tea, cooled

Combine and store in fridge. Drink 8-16 ounces after dinner instead of dessert.



HEALTH FACT

Cherry juice is a fabulous opportunity to explore a whole food option to supplementing with processed melatonin products. “The melatonin in tart cherry juice is very well absorbed and is utilized by the body to provide an effect that could rival melatonin supplements,” says sleep study author Glyn Howatson, Ph.D.

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Valerian Vixen

- sleep-inducing
- reduce stress response
- soothing
- warms the soul

Hot stuff



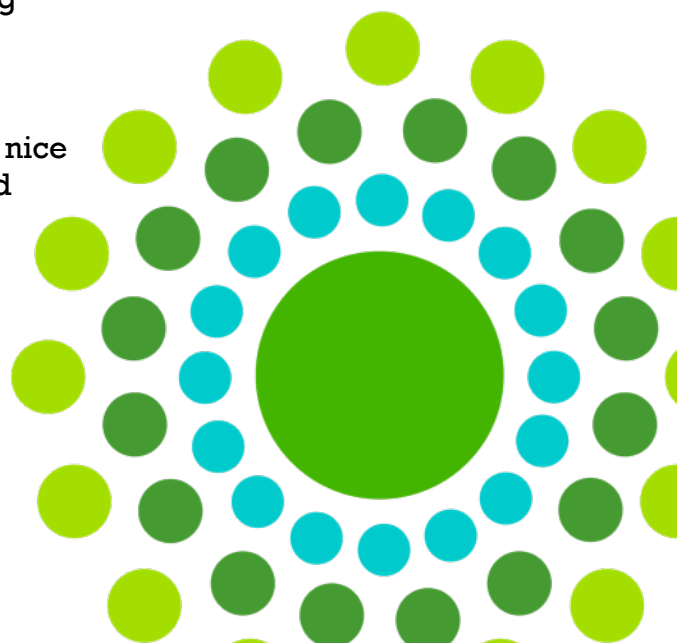
Valerian tea gets a bad wrap for smelling like dirty sox, but the Alvita brand saves the day (or night in this case) with a great tasting, highly effective option. If you enjoy a creamy cup of sweetened tea, you will find this a pleasurable way to nod off to sleep.

Ingredients:

1 cup hot water with one [Alvita Valerian-Mint Tea](#) bag
1-2 drops [English Toffee Stevia](#)
cream with almond or coconut milk to taste

Brew the valerian-mint tea bag in the hot water for a nice strong tea. Add the drop of English Toffee Stevia and the nut milk of your choice to make it creamy. Enjoy about 30 to 45 minutes before bedtime.

Learn more at www.DeliciousRevolution.com





Go Bananas and Go to Bed

- relaxes muscles
- encourages serotonin
- calms the mind
- soothing

Dessert with benefits

Go Bananas and Go to Bed

Bananas contain melatonin and carbohydrates which encourage the production of the brain relaxing serotonin. This makes them an obvious choice for a sleep inducing snack, but you have to time it well to reap the benefits. Because bananas are high in sugar, they will cause an initial energy spike then a crash that can help you feel sleepy. Add to that the fact that they contain potassium and magnesium (which are natural muscle relaxants) as well as some tryptophan and you've got a dessert that can help you sleep. Enjoy this after dinner - NOT right before you hope to sleep.

1 ripe banana

1/2 cup almond milk ([see this video on two ways to make your own](#))

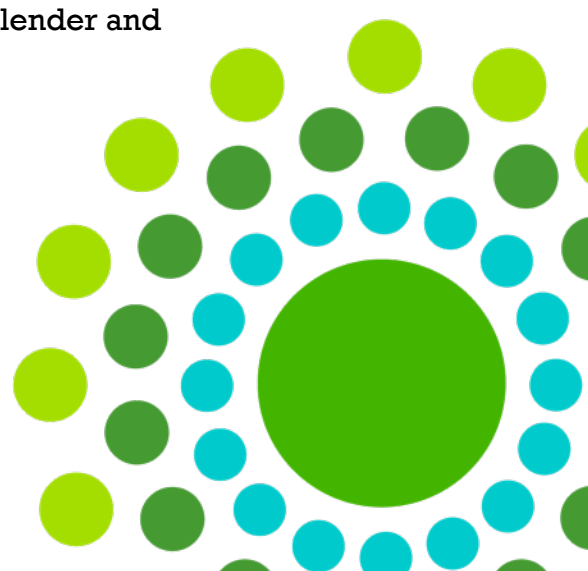
1/2 teaspoon fresh grated cinnamon

dash of fresh grated nutmeg

2-3 tablespoons raw cashews

Blend all ingredients in the Vita-Mix or other high speed blender and enjoy at least an hour before you want to sleep.

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Cinnamon Pecan Bowl

- sleep-inducing
- blood sugar balance
- soothing
- comfort food

Sleepy sweets



Do the Cinnamon Pecan Bowl crash!

Switch out desserts that contain highly processed flours and sugars for this whole food sweet treat. Although processed desserts might cause an even bigger blood sugar spike with a resulting crash, the body would have to work hard to clean up all that junk while you sleep resulting in less true restoration time for your body. This dish is as satisfying as a cinnamon roll without all the junk.

Ingredients:

1 cup brown rice

1 tablespoon coconut oil ([Dr. Bronner's brand](#) is BY FAR the best)

dash salt

1/2 teaspoon vanilla

maple or coconut syrup to taste

1/3 cup chopped raw pecans

Optional: top with fresh almond milk ([see this video on two ways to make your own](#))

Heat the coconut oil in a pan. Add the cooked brown rice. Add the salt, vanilla and maple or coconut syrup. Add cinnamon to taste. Allow the syrup to reduce a bit. Add pecans. Serve warm. Top with fresh almond or coconut milk.

Learn more at www.DeliciousRevolution.com

Maca F.A.K.A.

- loaded with super foods
- balances blood sugar
- boost clarity and focus
- mineralizing

Get off the bean!

Get off the roller coaster!

Coffee often times leads to more coffee and too much coffee can lead to disturbances in sleep patterns. Here is an option that will give you the buzz and focus you need. It gives you the superfood powers of raw cacao, one of the world's highest powered antioxidants, and maca the powdered root many Latin American cultures have used to rev up both focus and libido. Dairy free, sugar free and delicious, this recipe may be your one way ticket off coffee and on to better sleep. Included are links to Bright Earth Foods - my choice for quality, sustainably harvested superfoods.

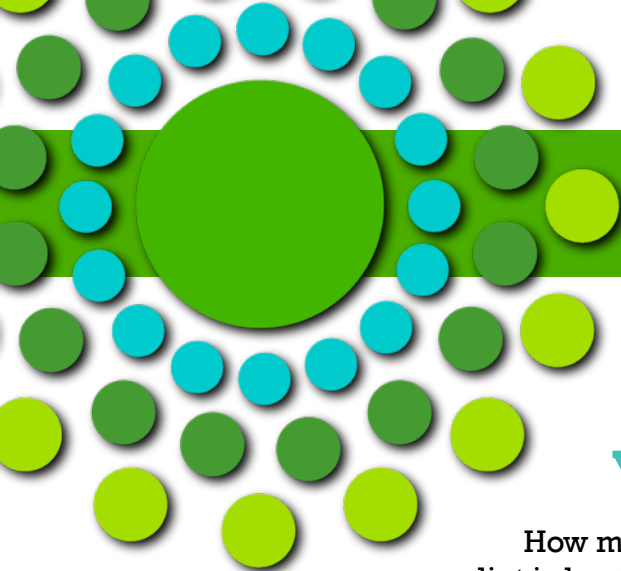
Ingredients:

1 tablespoon [raw cacao powder](#)
1 teaspoon [maca powder](#)
1/4 teaspoon [ashwaganda](#)
1/4 teaspoon cinnamon
dash cayenne
1 to 1 1/2 cups hot water
1 tbsp almond butter or 2 tbsp raw cashews
OPTIONAL: sweeten to taste
Caffein Boost: if you are scared that you will die without more caffein, start off your transition by adding a 1/4 teaspoon [matcha green tea powder](#).

Blend all ingredients in the Vita-Mix and enjoy.

Learn more at www.DeliciousRevolution.com





You're Invited to...

**Reset your body, open
your mind & turn up the
volume on who you are.**

How much energy have you wasted trying to figure out what diet is best for you? Are you drained by struggles over food like portion control, cravings, sugar or coffee addiction?

Allow me to extend a helping hand with a complimentary course that will walk you through a 5 day Juice Feast in which you'll get...

- shopping lists
- recipes
- how-to videos
- email support
- ways to incorporate powerful super foods daily
- and tips to transform your relationship to food for the better

While we clean up the diet, we also clear away the fog around what you want next in life. There is a massive connection between food, fitness and the feelings you experience everyday! Come explore them with me.

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“Ditch food drama and
use that energy to
attract a life you love!”

Chef Joy Houston

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