

Eat better. Sleep better.

Enhance your sleep with smart food choices



Introduction

Sleep isn't just about rest; it's about giving your body the right tools to unwind, restore, and reset. This collection of recipes is thoughtfully crafted with ingredients that naturally support better sleep.

May these recipes become part of your evening ritual, offering gentle, nourishing moments that guide you towards rest. Here's to slower nights, calmer minds, and deeper, more restorative sleep.

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Rise and shine

Start your day the Vitality way

Lavender overnight
oats *with peanut butter*





Lavender overnight *oats with peanut butter*



Why it fits: Beta-glucan fibre from oats, with magnesium from peanut butter and a hint of lavender.


Ingredients


- ½ cup old fashioned oats
- 1 tablespoon peanut butter (if you have a nut allergy, substitute with sunflower butter)
- ¾ cup milk of choice
- ½ teaspoon dried lavender
- 1 teaspoon honey
- Fruit and granola of choice for topping

Method

- 01 Place the oats, peanut butter, milk, lavender and honey in a mason jar. Use a spoon to mix. The peanut butter does not have to be completely blended in.
- 02 Place the jar in the refrigerator overnight (4 hours minimum).
- 03 Grab and go in the morning! Eat cold or warmed up with fruit and granola on top.

Prep time: 10 minutes
Refrigeration time: 4 to 8 hours
Serves: 2

*  **Magnesium** | relaxes muscles and the nervous system, easing tension and promoting deeper, more restful sleep.





Rise and shine

Start your day the Vitality way

Chocolate, almond
and date balls coated
in shredded coconut



Chocolate, almond and date balls *coated in shredded coconut*

Why it fits: Magnesium from almonds and cocoa, naturally sweet dates for a satisfying evening bite.

Ingredients

Energy balls

¼ cup almonds
¼ cup 80% dark chocolate
180 g pitted dates chopped
(15 whole pitted dates)
½ cup shredded unsweetened coconut
1 tablespoon unsweetened cocoa powder

Coating

½ cup shredded unsweetened coconut

Method


Energy balls

- 01 Put pecans, shredded coconut, dates, dark chocolate and cocoa powder in a bowl of a food processor.
- 02 Pulse all the ingredients together until roughly chopped, remove from the food processor and set aside. If mixture seems too dry to stick together, add extra dates.
- 03 Using a tablespoon measure, spoon out mixture and roll in balls.

Coating

- 01 Coat each ball with shredded coconut.
- 02 Place on a parchment covered baking sheet and refrigerate for at least 30 minutes, until they harden.
- 03 Store in the fridge in an airtight container for up to two weeks.

Prep time: 10 minutes
Cooking time: 10 minutes
Serves: 16 balls

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Light early dinners

3 to 4 hours before bed

Creamy spinach and
mushroom oats
(*'oatotto'*)





Creamy spinach and mushroom oats ('oatotto')



Why it fits: Oats for tryptophan; spinach and pumpkin seeds add magnesium; light and satisfying.


Ingredients


1 tablespoon olive oil
1 cup sliced mushrooms
 $\frac{3}{4}$ cup rolled oats
2 cups low-sodium vegetable stock
2 cups baby spinach
1 tablespoon pumpkin seeds
Black pepper and a small pinch of salt

Method

- 01 Sauté the mushrooms in olive oil until browned.
- 02 Stir in the oats and stock. Simmer, stirring, until creamy.
- 03 Fold in the spinach to wilt.
- 04 Season, and finish with pumpkin seeds.

Prep time: 7 minutes
Cooking time: 15 minutes
Serves: 2

*  **Magnesium** | relaxes muscles and the nervous system, easing tension and promoting deeper, more restful sleep.

 **Tryptophan** | supports the production of serotonin and melatonin, helping you feel calm and ready to drift off.



Light early dinners

3 to 4 hours before bed

Avocado and
pumpkin-seed
super-green bowl



Avocado and pumpkin-seed *super-green bowl*



Why it fits: Magnesium-rich pumpkin seeds and spinach; light grains keep dinner easy to digest.


Ingredients

1 cup cooked quinoa (or brown rice)
2 cups lightly wilted spinach
½ avocado, sliced
2 tablespoons pumpkin seeds
Lemon juice, olive oil, pepper

Method

- 01 Assemble the grains, spinach and avocado in bowls.
- 02 Top with the pumpkin seeds and dress with lemon juice, olive oil and pepper.

Prep time: 10 minutes
Cooking time: 5 minutes
Serves: 2

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Evening snacks and wind-down

1-2 hours before bed

Tart-cherry and pistachio
chia pudding with yoghurt

Tart-cherry and pistachio *chia pudding with yoghurt*



Why it fits: Melatonin (tart cherries), magnesium (pistachios), calcium (yoghurt); add 1–2 tablespoons oats for extra tryptophan.


Ingredients


- ¾ cup low-fat plain yoghurt (or fortified soy yoghurt)
- ½ cup milk (or fortified plant milk)
- 3 tablespoons chia seeds
- 2 tablespoons finely chopped pistachios
- ¼ cup chopped tart cherries
- 1–2 teaspoons honey (optional)
- 1–2 tablespoons quick oats (optional)


Method


Combine all ingredients in a bowl or jar and mix well.

- 01 Rest 20–30 minutes (or overnight) to thicken.
- 02 Top with extra pistachios to serve.
- 03 Serves: 2

*  **Calcium** | aids the brain in using tryptophan effectively, supporting the body's natural rhythm and helping you stay asleep through the night.

 **Magnesium** | relaxes muscles and the nervous system, easing tension and promoting deeper, more restful sleep.

 **Melatonin** | the body's natural sleep hormone, helps regulate your sleep-wake cycle and signals when it's time to rest.

 **Tryptophan** | supports the production of serotonin and melatonin, helping you feel calm and ready to drift off.

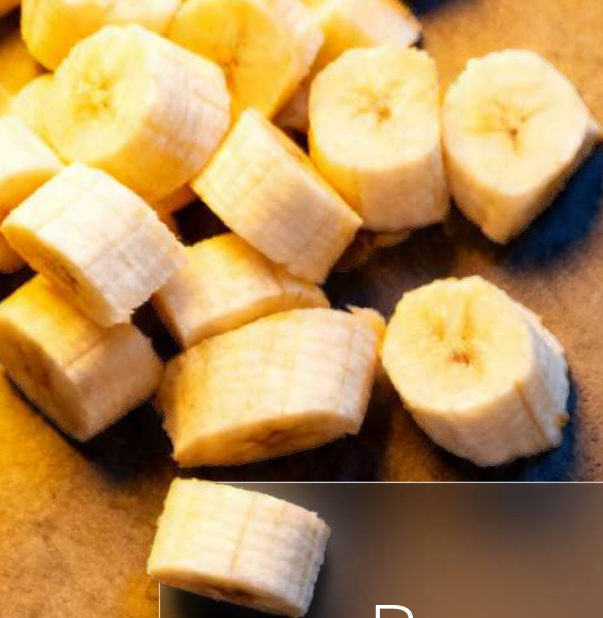


Evening snacks and wind-down

1-2 hours before bed

Banana-almond *sleepy toast*





Banana-almond *sleepy toast*



Why it fits: Oat/ wholegrain bread for tryptophan; almond butter and banana for magnesium and potassium.


Ingredients


- 1 slice wholegrain or oat bread
- 1 tablespoon almond butter
- ½ banana, sliced
- Cinnamon, to sprinkle

Method

- 01 Toast the bread and spread with almond butter.
- 02 Top with the banana slices and a light sprinkle of cinnamon.

Prep time: 5 minutes
Serves: 1

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 Tryptophan | supports the production of serotonin and melatonin, helping you feel calm and ready to drift off.



Evening snacks and wind-down

✦ 1-2 hours before bed

Pistachio-banana
'nice cream'



Pistachio-banana 'nice cream'



Why it fits: Bananas and pistachios contribute melatonin and magnesium; optional yoghurt adds calcium.


Ingredients


2 frozen ripe bananas
2 tablespoons pistachios
¼ cup plain yoghurt (optional)
Pinch of vanilla


Method

- 01 Blend all the ingredients together until smooth and creamy.
- 02 Serve immediately.

Prep time: 5 minutes
Serves: 2

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Evening snacks and wind-down

✦ 1-2 hours before bed

Oat-walnut cookie bites
(no refined sugar)

Oat-walnut cookie bites (no refined sugar)



Why it fits: Oats provide tryptophan; walnuts supply melatonin and healthy fats.


Ingredients

1 ripe banana, mashed
1 cup rolled oats
¼ cup chopped walnuts
1 tablespoon peanut or almond butter
Pinch of cinnamon

Method

- 01 Preheat the oven to 175°C.
- 02 Mix all the ingredients together.
- 03 Scoop small portions of the mixture onto a lined baking tray.
- 04 Flatten lightly and bake for 12 to 14 minutes.

Prep time: 10 minutes
Cooking time: 14 minutes
Serves: 2

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Tryptophan | supports the production of serotonin and melatonin, helping you feel calm and ready to drift off.



Evening snacks and wind-down

1-2 hours before bed

Cherry-vanilla *warm milk*



Cherry-vanilla *warm milk*



Why it fits: Calcium and tryptophan from milk; melatonin from tart cherry.


Ingredients


1½ cups milk (or fortified plant milk)
¼ cup tartcherry juice
¼ teaspoon vanilla extract
Pinch of cinnamon


Method

- 01 Heat the milk gently with the cherry juice and vanilla; do not boil.
- 02 Whisk, add a pinch of cinnamon, and serve warm.

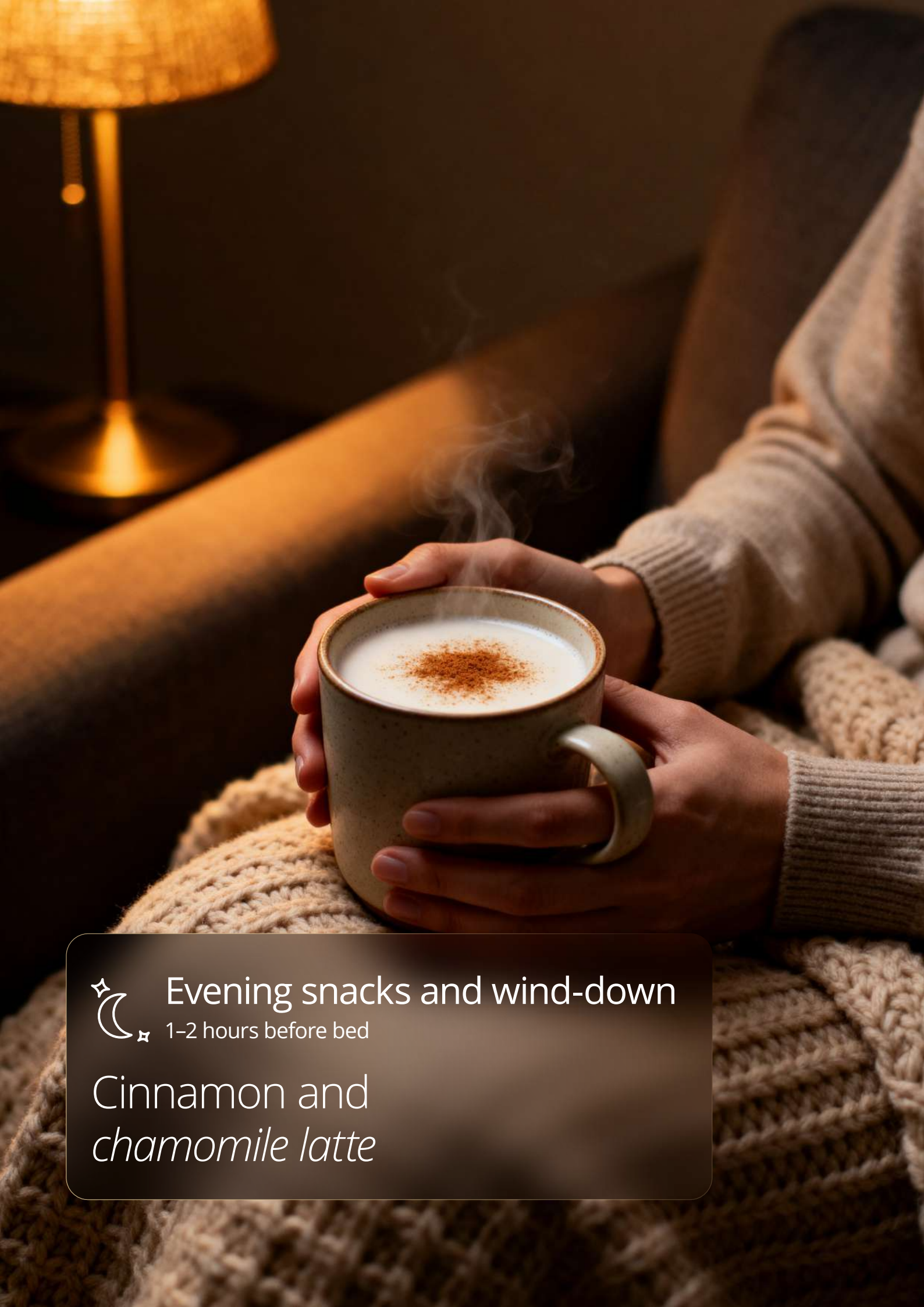
Prep time: 3 minutes
Cooking time: 14 minutes
Serves: 2

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Evening snacks and wind-down

1-2 hours before bed

Cinnamon and
chamomile latte



Cinnamon and *chamomile latte*



Why it fits: Apigenin from chamomile for relaxation, warm oat milk for a soothing wind-down.

Ingredients

3 cups water
1 cup oat milk
2 chamomile tea bags (or 1 teaspoon looseleaf tea)
1 cinnamon stick
½ teaspoon vanilla extract
A few sprinkles ground cinnamon to top it off

Method

- 01 Place the water in a pot and bring it to the boil.
- 02 Add the cinnamon stick, chamomile tea, oats and vanilla extract.
- 03 Reduce the heat and simmer for 5 minutes.
- 04 Remove from heat and cover the pot. Let the flavours steep for 5 minutes.
- 05 Add dairy-free oat milk to a pot and simmer over medium heat, whisking to get a frothy consistency.
- 05 Once the tea is steeped, pour it through a mesh strainer into mugs.
- 06 Top with the warm, frothy milk and a few sprinkles of cinnamon
- 07 Enjoy your sleep.

Prep time: 10 min

Cooking time: 10 minutes

Serves: 2