

## **“To Health, Long Life & Pleasures! “ Show**

*Hosted by Lillian Zeltser*

### **Bien Dormir**

*(French Cocktail “Sleep Well” for Enjoyable and Relaxing Sleep)*

#### **Ingredients:**

- 250 ml of Milk (animal or plant-based)
- 30g of Comté (a French cheese made from unpasteurized cow's milk) or good-quality mild cheddar cheese
- 6 raw hazelnut or almond kernels (preferably organic)
- 1 teaspoon of Raw Honey (or agave, or maple syrup)
- 1 teaspoon of Valerian root extract ( or 2 teaspoons of Pastis - an anise-flavored spirit)



#### **Preparations:**

1. Place raw nuts and a third of milk into your high-powered blender and blend the ingredients on high for two minutes, or until creamy.
  2. Add honey and cheddar cheese, and blend for 30 seconds on high
  3. Evacuate mixture into a tall glass or cup, then add Valerian root extract or Pastis, and top up with the rest of the milk.
- Prepare the “Bien Dormir” cocktail half an hour before your bedtime. Afterward, take a relaxing warm shower and slowly enjoy the flavours of the cocktail. As you sip, focus on something positive that always brings you joy and helps you unwind into a sweet slumber.

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For more functional recipes for better health, long life & pleasure:

<https://www.amazon.com/Aphrodisiac-Adventures-Lillian-Zeltser/dp/0648804631>

[www.aphrodisiacexpert.com](http://www.aphrodisiacexpert.com)

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