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Oxygen Women

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Heidi Powell

(uber-fit mom of 4 will whip you and your family into shape)

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LIFE IS A GLASS OF CHERRIES

Tart cherry juice has been receiving lots of attention lately in sports circles, and for good reason. Recent studies have found that the juice can help protect against muscle damage, aid in sports recovery, and reduce soreness and inflammation post-event. **It has also been found to improve sleep quality and duration by as much as 84 minutes because of its rich melatonin supply, according to a study from Louisiana State University.**

HOW TO USE: Drink up before and after a workout, or try a couple of these recovery jellies, to reap the best benefits.

TART CHERRY RECOVERY JELLIES

- 1¼ cups tart cherry juice
- ¼ cup unflavored gelatin
- ½ cup honey, stevia or other sweetener, to taste

In a small bowl, stir together juice and gelatin until gelatin is fully dissolved. Pour mixture into small saucepan on low-medium heat and add honey and sweetener, if using. Stir until well-mixed, making sure mixture does not boil. Remove from heat and allow to slightly cool before pouring into hard candy sheet mold or an ice cube tray to set. Allow to cool for about 10 minutes until it begins to gel, then place in refrigerator for 30 minutes to set.



EDITOR'S PICK: Biotta Tart Cherry Juice (organic, non-GMO, gluten-free, vegan) is made in Switzerland using natural locally grown produce and all-natural processing methods. luckyvitamin.com, \$9