

Promoting sleep with baking at Lulworth House Residential Care Home



Last week, our **Baking Club** residents at Lulworth House Residential Care Home worked with ingredients which help to promote healthy sleep.

We have used **banana** and **oats** so far, to make delicious **banana and oat muffins**, **oat cookies** and some yummy **raisin and chocolate chip flapjacks**.

Bananas contain magnesium which can help aid a good night's sleep and **oats** are high in carbs and fibre, which can induce drowsiness when eaten before bed. They are also a source of melatonin.

We also had a day researching other recipes which include **kiwi** and **almond/almond milk**.

It has been a busy week for us – we will definitely sleep well!

