

# Cucumber & Mint Refresher Drink

TOTAL TIME: 15 MINS

YIELDS: 8 CUPS WATER

## Ingredients

1 cucumber, sliced

1 lemon, sliced

10 mint leaves

8 cups/1 quart water

## Qualities

Texture: Liquid

Smell: 2/10

Spice Level: 0/10

## Recipe Benefits

- Anti-Inflammatory
- Promotes GI Health
- Anti-Nausea
- Anti-Fatigue
- Low Sodium

## Nutrition Content for 1/2 Recipe

Calories: 83kcal

Fat: 1g

Protein: 3.2g

Sodium: 48.4mg

Carbohydrates: 19.6g

Fiber: 5.4g

Added sugar: 0g



## Directions/Variations

1. **Smoothie:** Place all ingredients in a blender and blend until smooth. Add ice cubes to create a thicker texture.
2. **Juice:** Blend all ingredients together and pass mixture through a fine mesh strainer or cheesecloth.
3. **Sparkling Juice:** Add  $\frac{1}{4}$ -  $\frac{1}{2}$  cup seltzer water to strained juice.
4. **Flavored Water:** Slice cucumbers into  $\frac{1}{4}$  in slices. Slice lemon into thin slices, remove seeds. Rough chop mint leaves to release essential oils.
5. **Popsicle:** Place strained juice into a popsicle mold or use an ice-cube tray. For ice-cube tray popsicles, cover with plastic wrap and insert one popsicle stick into each space. Remove plastic wrap after freezing. You can also place liquid into disposable popsicle bags.
6. **Granita:** Place strained juice into a glass or ceramic baking dish. Place in freezer for four hours, mixing with a fork every 30 minutes until slushy consistency is achieved. You can also place the slushy mixture into disposable popsicle bags.

