



## Cucumber Mint Lemonade

### *Ingredients:*

2 cucumbers, peeled and sliced  
1/2 cup fresh mint leaves  
1 cup freshly squeezed lemon juice  
1/2 cup honey or agave syrup  
4 cups cold water  
Ice cubes

### *Instructions:*

Blend cucumbers and mint with lemon juice.  
Strain the mixture and discard solids.  
Mix the liquid with honey/agave and cold water.  
Serve over ice and garnish with cucumber slices.

*Source: Minimalist Baker*

Incorporating cucumbers into your diet not only adds a delightful crunch to your meals but also provides a range of health benefits. Try these recipes to make the most of this versatile and nutritious vegetable. Enjoy the refreshing flavors while supporting your overall well-being!