

Cucumber Mint Mocktail



Serves 2



10 minutes



Summer



Cucumber, mint, lime



INGREDIENTS:

- 3 medium Lebanese cucumber
- 10-12 mint leaves
- 2 limes or 1/4 cup of lime juice
- 1 tbsp sweetener (sugar or honey)
- 2 cups water
- Sparkling water
- Ice cubes

TO GARNISH

- Mint leaves

METHOD:

1. Peel the cucumber, remove the seeds, and chop into small pieces.
2. Squeeze the limes using your hand or a juicer.
3. In a blender add cucumber, mint leaves, lime juice, sweetener, and water.
Blend until smooth.
4. Pour the mixture through a fine sieve to remove any pulp or solids.
5. Fill a glass with ice, pour the cucumber mixture over the ice until about $\frac{3}{4}$ full.
Top with sparkling water.
6. Garnish with mint leaves. Serve immediately.

TIPS:

- For a stronger mint flavour, mash the mint leaves before blending. To do this, use the back of a rolling pin or a mortar and pestle.
- You can blend the cucumber mixture ahead of time and store it in the refrigerator for a day or two. Add the sparkling water right before serving to maintain the fizz.
- You can use any varieties of cucumber.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.