



# Recipes

## Beverages

### **Cucumber Water**

*Prep Time: 5 minutes*

*Yield: 2 servings*

**Ingredients:**

1 large cucumber, peeled

3 cups water

**Directions:**

1. Slice cucumber in half and scoop out seeds with a spoon, then cut into chunks.
2. Put cucumber and water in blender, puree and serve immediately.

**Variations:**

Add a handful of mint leaves when blending for a crisp taste and garnish with a mint leaf or wedge of lime when serving.