

wellness Recipe

Cucumber & Mint Smoothie

INGREDIENTS

2 cucumbers
½ cup of mint
4 cups of water
Ice
Optional: 1 cup berries
(recommend blueberry or
strawberry)

INSTRUCTIONS

- Peel the cucumbers.
- Wash the mint and remove the leaves from the stems.
- Blend the cucumber, mint leaves, a few cubes of ice, water, and berries (if using) until smooth.
- Strain out the pulp.
- Serve over ice. Drink immediately

