



Cucumber Mint Cooler

Servings: 2

½ English cucumber, scrubbed and cut into chunks
2 tablespoons fresh lime juice
2 teaspoons chopped mint
1 tablespoons agave syrup
1 cup sparkling mineral water, such as Pellegrino

Method

In a blender, combine cucumber, lime juice, mint, and agave syrup.
Blend until smooth.
Stir in sparkling water.
Serve over ice if desired.
Garnish with cucumber round and lime wedge.

Nutrition Information (per serving)

20 calories (1.1% calories from fat), trace fat, 1 g protein, 5 g carbohydrate, 1 grams dietary fiber, 0 mg cholesterol, 2 mg sodium