

Herbed Cucumber Lemonade



DelFresco
Pure



Yield: 6 cups

Prep Time: 15 minutes

Total Time: 15 minutes

Our refreshing Seedless English Cucumber blended with fresh lemon juice and herbs is a sure thirst quencher.

Ingredients:

- 1 large DelFrescoPure® Seedless English Cucumber, chopped
- 1 tbsp LivingCube™ Basil microgreens
- 1 tbsp LivingCube™ Cilantro microgreens
- 2 cups cold water
- ½ cup liquid honey
- Juice of 7 lemons
- 1 tsp lemon zest
- 3-4 cups cold water
- ½ tsp salt

Directions:

1. Blend cucumber with water in a high-speed blender until the cucumber is completely broken down.
2. Strain this liquid through a sieve to remove any remaining pulp.
3. Put back into the blender and add honey, lemon juice, zest, more water, the fresh herbs and salt. Blend again on high speed.
4. Taste for balance of sweet, sour and herby flavor. Add more honey and herbs if necessary.
5. Serve with ice in a tall glass with slices of cucumber and lemon.

Cooking Tips:

This keeps for up to three days in the refrigerator. It is great as a base for a cocktail. Try adding tequila, gin or vodka.



Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 6, Amount Per Serving: Calories 87, Total Fat 0 (0% Daily Value), Saturated Fat 0g (0% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 198mg (9% Daily Value), Potassium 22mg (0% Daily Value), Carbohydrate 23.6g (9% Daily Value), Dietary Fiber 0.1g (0% Daily Value), Sugars 23.4g, Protein 0.1g

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