



Ingredients

- 1 large English cucumber (or 1 to 1/2 standard cucumbers)*
- 1 green apple
- 1 cup water
- 1 pinch salt
- ½ tablespoon lemon or lime juice (optional)

Instructions:

1. If using a standard cucumber, peel it (no need to peel for an English cucumber!). Roughly chop the cucumber. Chop the apple, keeping the skin on.
2. Place the cucumber, apple, water, and salt in a blender. Blend on high until pureed and a juice forms.
3. Pass the juice through a fine mesh sieve or a nut milk bag to strain out the pulp. Discard the pulp (or use: see ideas above). Stir in the fresh lemon or lime juice (add more if desired). Drink immediately over ice, or chill before drinking.



Ingredients:

- 1 apple (medium)
- 1½ cup spinach, packed
- 1 cucumber
- 1 avocado
- 2 cups almond milk
- 8 pitted dates

Instructions:

1. Peel and dice the apple and cucumber. Cut the avocado in half and remove the stone. Roughly chop the dates.
2. Place all the ingredients in a blender and process until smooth.



Ingredients:

- 4 green tea bags
- 1 cup lightly-packed mint leaf, plus 12 sprigs for garnish
- 1 cucumber, unpeeled, cut into 1/8-inch slices
- 1/4 cup honey.

Instructions:

1. Bring 2 cups of water to a boil in a medium saucepan. Remove the pan from the heat and add the tea bags, mint leaves and half the cucumber slices. Cover and let steep until cool, about 15 minutes.
2. Meanwhile, combine the honey and 1/4 cup hot water in a measuring cup and stir until the honey is dissolved.
3. Fill a large glass pitcher with ice, 4 sprigs of mint and a few cucumber slices. Strain the cooled tea into the pitcher and discard the mint and cucumbers. Add the honey mixture and 4 cups of and stir to combine.
4. To serve, pour the tea into tall glasses full of ice. Garnish each glass with a few sprigs of mint and a couple slices of cucumber.



Ingredients:

- 2 large garden cucumbers, peeled, seeded, and cut into chunks (2 cups)
- 1 cup low-fat vanilla yogurt
- 1 cup frozen blueberries
- 1-2 Tbs. honey or agave nectar
- 1 Tbs. lemon juice

Instructions:

1. Place all ingredients in blender, and blend until smooth