

Beverages

Cucumber-Citrus Coolers

Integrated Marketing Services - Apopka, FL

Servings: 8

Preparation Time: 5 minutes

3 mint sprigs

1/2 cup granulated sugar

1/2 hothouse cucumber (1 1/2 cups), cut into slices 1/8-inch thick

3 tablespoons fresh lime juice

1 tablespoon fresh lemon juice

1/8 teaspoon salt

sliced lime, lemon and cucumber (optional)

additional mint sprigs (optional)

In a 2-quart pitcher, crush and stir the three mint sprigs and the sugar with a wooden spoon or muddler.

Add seven cups of water. Stir until the sugar is completely dissolved.

Add the cucumber slices, lime juice, lemon juice and salt. Stir well.

Cover and refrigerate for 40 minutes or until chilled.

To serve, fill tall glasses with ice. Add lime, lemon and cucumber slices, if desired.

Pour the cooler into the glasses.

Garnish with additional mint sprigs, if desired.

Per Serving (excluding unknown items): 51 Calories; trace Fat (0.1% calories from fat); trace Protein; 13g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 Other Carbohydrates.