

Recipes

Cucumber Lime Cooler

Ingredients:

 large cucumber, peeled, seeded, and chopped, chilled
cup fresh lime juice, chilled
tablespoons honey
large fresh mint leaves
ice cubes
lime wedges, for garnish

Equipment:

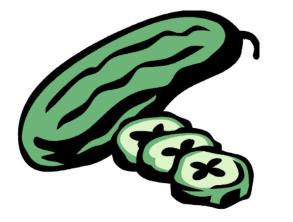
Cutting board Knife Food processor/blender Wooden spoon Measuring spoons Measuring cups

Number of Servings: 2 Prep Time: 5 minutes Total time: 10 minutes

Directions

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- 1. Put the cucumber in a food processor or blender with the lime juice, honey, and mint.
- 2. Add ice cubes and process until smooth, adding a little water if needed to get the right consistency.
- 3. Pour into chilled glasses, garnish with the lime wedges, and serve immediately.



TIP: Wash all fruits and vegetables before using!

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The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



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Nutrition Facts

Serving Size: 1 cup Servings: 2

Amount Per Se	erving						
Calories 139		Calories from Fat 0					
		%Daily \	/alue*				
Total Fat 0g			0%				
Saturated Fat 0g			0%				
Cholesterol 0mg Sodium 9mg Potassium 331mg Total Carbohydrate 38g			0% 0% 9% 13%				
				Dietary Fiber 2g			7%
				Protein 2g			3%
				Vitamin A	9%	Vitamin C	52%
Iron	5%	Calcium	4%				
*Percent Daily	Values are	based on a 2,000 cal	orie diet.				

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