



CUCUMBER MINT MOCKTAIL

Season:	Summer
From the garden:	Cucumber, mint, lemon balm
Type:	Drink
Difficulty:	Easy
Country of origin:	
Serves:	4-6 serves or 30 tastes
Source:	wholelovleylive.com

Equipment

- *chopping board and knife
- *measuring cup and spoons
- *little bowl and spoon
- *blender
- *citrus juicer
- *vegetable peeler

Ingredients

- *2 large cucumbers
- *2 lemons or limes
- *2 tbsp of sugar or honey
- *few mint and lemon balm leaves
- *ice cubes and 1 cup of cold water (soda water if possible)

Method

1. mix the sugar with a little bit of hot water in a small bowl to dissolve it
2. cut lemons or limes in half and juice
3. peel the cucumber and and cut it in half lengthwise
4. using a spoon, scrape the seeds out

5. cut the cucumber into pieces, around 3 cm each
6. place all the ingredients into a blender and blend until smooth

Notes: A different way to use up a glut of cucumbers....

Skills: measuring, *peeling*, *blending*