

## Cucumber-Mint Agua Fresca



### Ingredients:

- 2 cups chopped cucumber
- 1 cup water
- Juice of ½ lime
- 2 teaspoons agave syrup
- 1 teaspoon chopped fresh mint
- Ice for serving

### Directions:

1. Combine cucumber, water, lime juice, agave and mint in a blender.
2. Process until smooth.
3. Serve over ice.

**Tip:** To make ahead, refrigerated for up to 3 days.

### Nutritional Information:

Calories .....	41
Total Fat.....	0 g
Saturated Fat .....	0 g
Cholesterol .....	0 mg
Total Carbohydrate....	9 g
Dietary Fiber .....	1 g
Protein .....	1 g
Sodium .....	8 mg
<b>Serving Size</b> .....	1 ½ cup
<b>Recipes Yields</b> .....	2 servings

Prep time: 5 minutes

Adjusted from:

<https://www.eatingwell.com/recipe/7967482/cucumber-mint-agua-fresca/>

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