

# Farm Market Recipe

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## Cucumber-Mint Spritzer

### Ingredients:

- 3 mini cucumbers
- 6 leaves fresh mint, plus sprigs for garnish
- 2 lemons or limes
- 1 liter lemon seltzer water
- Ice cubes

### Directions:

1. Slice cucumbers into thin ribbons or disks using a mandoline or vegetable peeler. Place in a pitcher. Add mint leaves and gently muddle. Squeeze juice from 1½ lemons (or limes) into the pitcher, reserving the other half for garnish. Stir in seltzer. Serve over ice, garnished with mint sprigs and lemon (or lime) slices, if desired.

### Nutrition Facts:

Servings: 6 Serving Size: ¾ cup

Per Serving: calories 12; protein 0g; carbohydrates 3g; dietary fiber 1g; sugars 1g; fat 0g; vitamin A 189IU; vitamin C 9mg; folate 6mcg; sodium 2mg; calcium 20mg; iron 1mg; magnesium 7mg; potassium 91mg.

*Recipe from eatingwell.com*