

# Honey, cucumber, and mint cooler

## Ingredients:

- 1 honeydew melon (about 4 pounds), peeled and chopped
- 1 English cucumber, 1/2 chopped, 1/2 thinly sliced
- 1 cup fresh mint leaves
- 1/2 cup fresh lime juice, plus 1 lime, thinly sliced, for serving with a splash of gin (optional)

## Directions:

- 1) Puree the melon, chopped cucumber, and mint in a blender until smooth.
- 2) Strain through a fine-mesh sieve into a large pitcher.
- 3) Add the lime juice and sliced cucumber.
- 4) Chill for 30 minutes or up to 12 hours. Stir well before serving.
- 5) Serve over ice, garnished with lime slices. Add a splash of gin, if desired.

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*The*  
**Farm**

Saint Joseph Mercy Health System

Serves 8

Nutrition per serving

Calories: 57kcal

Sodium: 25mg

Protein: 1g

Carbohydrates: 15g

Fiber: 2g

Calcium: 23mg

