

Cucumber Mint Infusion

8 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 1 English cucumber, thinly sliced
- 1 small bunch mint
- 8 cups water

DIRECTIONS

1. Combine cucumber, mint, and water in a large pitcher. Press down gently on the cucumber and mint with a wooden spoon to muddle.
2. Let the water infuse in the refrigerator for 2-4 hours.
3. Serve with ice. You may also top with a bit of seltzer water for carbonation.

Nutrition Facts

8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 35mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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