

CUCUMBER MINT INFUSION



Skip the sugar sweetened beverages and hydrate the healthy way with our #CHEFApproved drinks!

Ingredients:

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

Directions:

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

