

Cucumber Mint Spritzer

Ingredients

- 1 large organic English cucumber (or other “seedless” variety)
- 6 large sprigs of mint
- ¼ cup simple syrup (made by boiling equal parts sugar and water until sugar dissolves)
- ¼ cup organic orange juice
- ¼ cup organic lime juice
- Club soda or mineral water

Instructions

- Thinly slice 1/4 of the cucumber and set aside. Cut the remaining cucumber and put into the bowl of a food processor and whirl with 1/4 cup water until well blended, about 2 minutes. Pour into a strainer set over a bowl. Let sit 10 minutes to drain, occasionally pressing with the back of a spoon to push liquid through; discard solids. If you have a juicer, juice the cucumber.
- Put cucumber juice, reserved slices, mint, simple syrup, orange and lime juices into a container to chill, at least 30 minutes or up to 1 day ahead.
- When ready to serve, add ice and top with club soda.