

Refreshing Cucumber Juice



Ingredients

1 cucumber, about 5-6 ounces

1 tsp. lemon juice

pinch of salt

optional- whole, fresh herbs for infusing- basil, dill, tarragon, mint etc.

Procedure

1. Wash the cucumber well. Slice off the blossom end (1/4") and discard. Slice up the remaining cucumber- skin and all.
2. Place in a blender with a pinch of salt and the lemon juice and puree well. You may need to stir a couple of times to move it along.
3. Pour juice through a fine meshed strainer into a clean container. If desired, add fresh herbs for flavor.
4. Chill completely.

Yields about 2 cups of juice

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