THE LIGHTER PLATE METHOD

Cucumber, Mint & Lime Cooler

Spa-cool and barely sweet, best drunk very cold on a hot afternoon.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**0 min**	**8 min**	**2**	**EASY**

Ingredients

- 1 cucumber (roughly chopped)
- 1 large handful fresh mint
- 2 limes
- 400 ml sparkling water (chilled)
- 2 tsp agave syrup
- plenty ice

Method

1. Blitz the cucumber with the mint, the juice of both limes and the agave syrup until smooth.
2. Pass through a sieve into a jug, pressing the pulp with the back of a spoon.
3. Fill two tall glasses with ice and divide the cucumber mixture between them.
4. Top up with chilled sparkling water and stir once.

Tips & swaps

- Add the sparkling water at the last moment and stir gently, or you lose all the fizz. The base can be made and chilled a few hours ahead.

Storage & reheating

Base keeps chilled for a few hours; add sparkling water just before serving.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
45	**1g**	**11g**	**0g**	**1g**

Estimated values, for guidance only.