Cucumber Mint Lemonade

Ingredients

- 1 large cucumber, sliced
- 1 handful fresh mint leaves
- 4 large lemons, juiced (about 200ml juice)
- 750ml cold water
- 2 tbsp honey or sugar (adjust to taste)
- Ice cubes, for serving
- Lemon slices and mint sprigs, for garnish

Directions

1. In a blender, combine the sliced cucumber, mint leaves, and 250ml of water.
2. Blend until smooth, then strain through a fine sieve or muslin cloth into a jug.
3. In the jug, add the fresh lemon juice and remaining 500ml of water.
4. Stir in the honey or sugar until fully dissolved.
5. Chill & Serve
6. Add ice cubes and stir well.
7. Garnish with lemon slices and extra mint sprigs.
8. Serve immediately or refrigerate for an hour to let the flavours infuse further.