

Summer drinks Recipes

Week 5: Cucumber Lemonade

Fluid Fact #5: Is Cold Water Better?

- According to the American College of Sports Medicine, cold water (5-10°C) is absorbed faster than warm water and will therefore rapidly replace lost fluids.
- Cold water typically tastes better so there is a greater inclination to drink a larger amount and properly restore your bodily fluid losses on a hot day.

*Cucumbers are one of the lowest calories vegetables, providing **15 calories per 100g** with no saturated fat or cholesterol. It is a good source of **potassium** to help reduce blood pressure, **vitamin K** for bone strengthening, and **antioxidants**.*

Cucumber Lemonade



- 3 large cucumbers
- 1 tbsp chopped fresh rosemary, plus 4 sprigs for garnish
- 1 cup water
- ½ cup fresh lemon juice
- 3 tbsp agave syrup (or 6 tbsp of honey)

Note: Agave syrup or nectar is the naturally sweet juice extracted from an agave plant. It has a lower glycemic index than table sugar but is even sweeter. Use in moderation when substituting for table sugar.

Directions

1. Cut 12 thin slices of cucumber for garnish.
2. Peel and chop the rest of the cucumber; transfer to a food processor, add rosemary and puree.
3. Pour the puree through a fine-mesh strainer set over a medium bowl or large measuring cup. Press on the solids to extract all the juice.
4. Add water, lemon juice and agave syrup to the cucumber juice; stir until the agave is dissolved. Divide among 4 ice-filled glasses. Garnish with cucumber slices and rosemary sprigs.

Nutritional Information (per serving)

Calories	71	Potassium	240 mg
Protein	1 g	Cholesterol	0 mg
Carbohydrate	18 g	Sodium	5 mg
Total Fat	0 g	Fiber	1 g
Saturated Fat	0 g	Makes 4 servings	

Resources: <http://www.eatingwell.com/>, <http://www.nutrition-and-you.com/>, <http://thetriton.com/>