



## Sparkling Mint Mocktail

Serves: 1

### INGREDIENTS:

- Sparkling water
- 4 cucumber slices
- 3 mint leaves
- 1 teaspoon honey



### DIRECTIONS:

1. Fill a glass with cucumber slices, mint leaves and honey.
2. Press the mixture against the bottom of the glass with a spoon. This process is called 'muddling'.
3. Add ice to the glass and top with sparkling water.

**Chef's tip:** In a rush? Make the muddled mixture ahead of time and place into ice-cube trays. Top with water and freeze for an easy drink on the go.

**Nutrition Tip:** Cucumbers are hydrating and full of electrolytes which is great for warmer summer days.

*This recipe has been reviewed by board certified Lifestyle Medicine dietitians to ensure nutritional value and alignment with evidence-based healthy eating principles.*

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