

## Cucumber Mint Cooler A revitalizing, hydrating drink that's crisp, cool, perfect for hot summer days. ?

Marcel · 05/04/2025



### Prep Time

10

### Difficult

Easy

### Servings

2

### Description

This cucumber mint cooler is a naturally refreshing beverage packed with crisp cucumber slices and fresh mint leaves. It's hydrating, healthy, and ideal for quenching your thirst when the temperature rises. Sparkling water adds a bubbly twist, while lime gives it a zesty lift. Perfect for outdoor lounging, spa days, or just cooling off anytime!

### Ingredients

- 1 small cucumber, thinly sliced
- A handful of fresh mint leaves
- 2 cups cold sparkling water (or still water if preferred)
- Ice cubes
- Optional: 1–2 tsp honey or agave syrup for sweetness

### Instructions

1. Muddle Mint & Cucumber: In a small pitcher or cocktail shaker, lightly muddle half of the cucumber slices and mint leaves to release their flavors.
2. Mix: Add lime juice (if using) and honey/agave (if desired). Stir well.
3. Assemble: Fill two glasses with ice and divide the remaining cucumber slices and mint leaves between them.
4. Pour & Finish: Pour the infused mixture over the ice, then top off each glass with sparkling water.
5. Garnish & Serve: Garnish with extra mint and cucumber. Enjoy immediately while it's cold and bubbly!