

# Recipe for: CUCUMBER LEMON MINT POPSICLES

## INGREDIENTS

- 2 lemons
- 1 large cucumber, peeled and cut into chunks
- 8-10 mint leaves
- 1/3 cup maple syrup

## DIRECTIONS

1. Cut lemons in half and use a citrus press to juice lemons into a blender.
2. Add cucumber, mint leaves and maples syrup to the blender cup.
3. Blend until smooth.
4. Pour mixture into popsicle molds and freeze over night.

