Cucumber Mint Breeze

Makes 4 servings
1 cup per serving

Prep time:
5 minutes

Ingredients

½ cup sliced cucumbers
1-2 sprigs of fresh mint
Ice

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

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Dib Qab Li Pum Hub

Qhov no ua 4 qho.
1 khob rau txhua qhov.

Tej yam khoom uas nyob hauv

½ khob dib uas muab hlais ua tej daim lawm
1-2 tug pum hub nyoos
Dej khov nab kuab

Siv sij hawm ntev npaum li cas ua: 5 na this

Kev npaj ua

1. Nchuav dej khov nab kuab kom puv ib nrab lub taub.
2. Ntxiv tej daim dib thiab cov pum hub rau hauv.
3. Nchuav dej dawb hauv. Tso hauv tub yees li 20 na this ua ntej yuav haus
4. Muab khaws cia hauv tub yees thiab haus kom tas ua ntej dhau 24 xuab moos.

Tau nyiaj los ntawm USDA SNAP-Ed uas yog ib qho chaw ua hauj lwm uas muab cib fim rau saw daws sib npaug.
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