



Cool as a Cucumber

Sage

Cool As A Cucumber



Makes 2 cups (500ml)

4 English cucumbers
1 Green apple
4 Large sprigs fresh mint
120g Baby spinach leaves
¼ Lemon, peeled



Makes 1 jug (2 Litres)

16 English cucumbers
4 Green apples
16 Large sprigs fresh mint
450g Baby spinach leaves
1 Lemon, peeled