

Cucumber MOJITO MOCKTAIL

by
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Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (motherhoodandmeals.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (nourishedbeginnings.ca) and teaches courses at a Brescia University College in Ontario, Canada.



Nutrition Facts

servings per container
Serving size (306g)

Amount per serving
Calories 90

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 23g 8%

Dietary Fiber 2g 7%

Total Sugars 15g

Includes 6g Added Sugars 12%

Protein 2g

Vitamin D 0mcg 0%

Calcium 54mg 4%

Iron 1mg 6%

Potassium 499mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 5 Minutes
Cook time: N/A Minutes
Serves: 1-2 People

INGREDIENTS:

- 1 cup NatureFresh™ Farms Long English Cucumber, diced
- 1 cup honeydew melon, diced
- Juice of two limes
- 1 tbsp. maple syrup
- 5 ice cubes
- 1/3 cup water
- 4-5 mint leaves, finely diced

MEAL PREP TIP:

If you want to enjoy this recipe in popsicle form, simply blend all ingredients together, pour mixture into popsicle molds, and place in your freezer. After about 2 hours, add one popsicle stick to each mold (it should stand on its own) and put in the freezer for another 5 hours (or until completely frozen).

DIRECTIONS:

- Wash all produce before preparing.
- Blend all ingredients together & serve!

NUTRITION NOTE:

This mocktail is made up of fruits and veggies that are over 90% water by volume, making it a flavorful way to support staying hydrated in the hot summer months. In addition, it contains vitamin C and other antioxidants which supports our immune system, skin and eye health, reduces inflammation in the body, and guards against some forms of cancer and bacterial infections. From a heart health perspective, this blend contains a solid amount of potassium and magnesium which can help guard against high blood pressure. And last, but not least, Cucumbers, honeydew melon, and limes have all been shown to promote improved digestive health.



For recipe ideas visit: naturefresh.ca

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)