

FRESH FROM THE GARDEN TASTINGS

Cool Cucumber Smoothie



Ingredients

4 medium cucumbers
½ cantaloupe or other summer melon
1 cup plain yogurt or dairy-free substitute
½ cup milk or dairy-free substitute
15 leaves fresh mint
Nonstick spray for the honey spoon
6 teaspoons honey
¼ teaspoon salt

Serves 6–8 (4 cups total)

Ice, to serve

Instructions

Peel the cucumbers, then cut them down the centers lengthwise. Use a spoon to scrape out the seeds. Cut the cucumbers into large chunks. Repeat these steps with the summer melon.

Place the cucumber and melon in the blender and pulse. Add the yogurt, mint, honey and salt, and puree until creamy and smooth.

Taste. Adjust mint, honey and milk to get the flavor, sweetness, and smoothness desired.

Fill serving glasses ¼ to ⅓ with ice. Pour smoothie over ice, then serve.