

# Strawberry, cucumber & wild mint lemonade

**Servings:** 4

**Cook time:** 1 hour

**Prep time:** 5 minutes

**Total time:** ~1 hour

Made with wild mint, a native species that can be found in backyards and grocery stores across Canada, this refreshing drink is perfect for a hot summer's day.

Can be refrigerated for up to three days.

## Ingredients

- $\frac{2}{3}$  cup granulated sugar
- 3-4 cups water, divided
- $\frac{1}{2}$  cup fresh wild mint leaves
- $\frac{1}{4}$  cup cucumber (3-4 slices)
- Juice from ~5-6 lemons (around 1 cup)
- 1  $\frac{1}{2}$  cups fresh wild strawberries



## Directions

1. Add  $\frac{3}{4}$  cup sugar and a few mint leaves into 1 cup boiling water. Let sit for ~20 minutes, or until cool.
2. In a food processor or blender, combine strawberries, remaining mint and cucumber with water mixture. Blend well and add to pitcher.
3. Add lemon juice and remaining water to pitcher. Stir well.
4. Chill for half an hour, and then serve over ice. Add lemon slices, wild mint or strawberries as garnish.