

# 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  $\frac{2}{3}$  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.