

RECIPE | CUCUMBERS



SPARKLING PEACH CUCUMBER LEMONADE

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INGREDIENTS

1 Pure Flavor® Long English
Cucumber, 2/3 coarsely chopped
and 1/4 sliced for garnish

2 Georgia Grown Peach County
Peaches or frozen peaches, peeled
and sliced

1 cup fresh lemon juice

2-3 mint leaves plus additional for
decoration

¾ cup sparkling water

1 cup, plus 1-2 tbsp. of water

¾ cup sugar

DIRECTIONS

1. In a small pot add the water, sugar, and mint leaves. Bring to a boil, then cook for a couple minutes until sugar dissolves, stirring often. Remove from heat and set aside to let cool.
2. In a blender, add almost all the peaches (leave a handful out for garnish), the coarsely chopped cucumber and water, blend until smooth. Strain the purée to remove any large chunks.
3. In a pitcher, add the simple syrup (to taste), lemon juice, and peach purée. Stir to combine. Add sliced peaches, sliced cucumber and 5-6 mint leaves. Store in fridge until ready to serve. Just before serving add the sparkling water and serve over ice.

Tip: Peeling the cucumber creates a less green drink (optional).



TOTAL TIME

15 minutes

PREP TIME

15 minutes

SERVES

10

COOKING LEVEL

Easy