



Cucumber Mint Glow Water

Servings: 1

Prep Time: 5min

Cook Time: 0



Ingredients

- 1 small sparkling water
- 1 cucumber, cut into 1cm rounds
- 3 sprigs mint
- 1 lemon, thinly sliced

Directions

1. Combine water with the ingredients. Stir (and muddle, if desired) your ingredients to release more flavour. Serve immediately or chill in the refrigerator until ready to drink.