

Cucumber and Melon Smoothie

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This is a lovely, tropical flavoured summer smoothie that is lightened up with the addition of cucumber. Super refreshing and super tasty, this is the perfect summer drink.

Ingredients:

1 cucumber
350g melon
500ml passion fruit juice
Mint to taste
Crushed ice

Directions:

1. Peel, seed and chop the cucumber. Peel and cube the melon. Put into a blender with the passion fruit juice, mint and ice. Add more or less mint to taste depending on your preferences.
2. Blend until smooth then serve with a sprig of mint on the top.

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