

Kiwi-Cucumber Cooler

Created by Dominique Hoffman

Ingredients

Main
1 English cucumbers, chopped (not peeled)
2 ripe kiwis
1/2 c loosely packed mint leaves
1 T agave nectar or cane sugar syrup (see recipe)
Dash of salt
1 c fizzy water such as San Pellegrino or Kombucha



Method

1. Place chopped cucumbers in the blender, add water, sweetener, kiwi, salt, and top with mint leaves
2. Blend until very smooth. If the texture is heavy, add a little bit of water and stir
3. If you don't have a Vitamix the texture will be grainy

Cane sugar syrup

You can buy a block of cane sugar in an Asian or hispanic store. Simmer 1/2 of the block (it comes in 2 pieces) in 3/4 cups of water until the sugar is completely dissolved. Cool, cover, and refrigerate. Use this syrup instead of sugar. This is just sugar, it does not have more health benefits than another sugar but it has a very nice flavor. Most Thai cooking uses palm sugar syrup which gives Thai sauces their distinctive taste.