



Cucumber lemonade

Priscila · 02/07/2024



Prep Time

15 min.

Difficult

Easy

Servings

4-6

Description

Cucumber Lemonade is an innovative and refreshing twist on traditional lemonade that marries the crisp, clean taste of cucumber with the tangy zest of lemon to create a uniquely hydrating and delicious beverage. This delightful concoction not only quenches thirst but also offers a range of health benefits, making it a perfect choice for those hot summer days or as a revitalizing drink year-round. The base of this lemonade is the classic combination of freshly squeezed lemon juice and water, known for its detoxifying and digestive benefits. Lemons are a powerhouse of vitamin C, which is essential for boosting the immune system, enhancing skin health, and providing antioxidant properties. When lemon juice is mixed with the subtle, almost melon-like flavor of cucumber, the result is a drink that's not only flavorful but also incredibly soothing and cooling. Cucumbers, being composed of about 95% water, are excellent for hydration. They add a mild, refreshing taste and a hint of sweetness to the lemonade without overpowering the lemon's bright flavor. This makes cucumber lemonade an excellent alternative to sugary drinks, offering a way to stay hydrated while indulging in something that feels like a treat. The inclusion of condensed milk as a sweetener introduces a creamy texture and richness, transforming the drink into a more decadent, yet still refreshing beverage. This ingredient can be adjusted to taste, allowing for the lemonade to be tailored to individual preferences, whether one desires a sweeter drink or a lighter, more tart refreshment. Cucumber Lemonade is not only a joy to drink but also a visual delight. Served in a tall glass, garnished with thin slices of cucumber and lemon rounds, it presents an elegant and inviting appearance that is perfect for any occasion, from casual gatherings to more formal events. The contrast of the green cucumber and the yellow lemon adds a vibrant touch that enhances the overall drinking experience. In summary, Cucumber Lemonade stands out for its refreshing taste, health benefits, and visual appeal. It's a versatile drink that can be enjoyed by all ages and easily adapted to suit different tastes and dietary needs. Whether you're looking to cool down on a hot day, seeking a healthful alternative to sugary beverages, or simply in the mood for something delicious and refreshing, cucumber lemonade is an excellent choice that's sure to satisfy.

Ingredients

- 1 liter of water
- 2 cucumbers
- Juice of 3 lemons
- Condensed milk
- to taste (for sweetening)
- Cucumber slices and lemon rounds for garnish

Instructions

1. **Prepare the Cucumbers:** Wash the cucumbers thoroughly. Peel them if you prefer a less bitter taste. Slice one and a half cucumbers into chunks reserving half a cucumber for garnishing.
2. **Blend the Cucumbers:** Place the cucumber chunks in a blender. Add a bit of the water to help blend smoothly. Puree the cucumber until it's completely smooth.
3. **Strain the Mixture:** Using a fine mesh strainer or a cheesecloth strain the cucumber puree into a large pitcher. Press or squeeze to extract as much juice as possible then discard the solids.
4. **4. Add Lemon and Water:** To the cucumber juice in the pitcher add the freshly squeezed lemon juice and the remaining water. Stir well to combine all the ingredients.
5. **Sweeten the Lemonade:** Add condensed milk to taste. Start with a small amount and taste as you go remembering that the condensed milk is quite sweet. Stir well to ensure the condensed milk is fully incorporated and the lemonade is evenly sweetened.
6. **Chill and Serve:** Refrigerate the cucumber lemonade until it's chilled or serve immediately over ice for a refreshing drink.
7. **Garnish:** Before serving garnish glasses with thin slices of cucumber and rounds of lemon for a decorative and refreshing touch.
8. **Enjoy:** Serve the cucumber lemonade in chilled glasses for a refreshing and hydrating drink perfect for hot summer days or as a unique twist for any occasion.