

## Cucumber Cooler

In a blender, combine one cucumber, 1/2 cup cold water, 3 cups ice cubes, 1/3 cup mild honey, juice of 1/2 lime or more, to taste, and 1/4 teaspoon of fine grain sea salt. Pulse until completely smooth and frosty, and free of ice chunks or honey globs. Taste and add more lime juice, if you like. Serve in a large glass pitcher or individual glasses.

This recipe comes to Cottingham Farm from Heidi Swanson's "Super Natural Every Day".

