Ingredients
1 cucumber, peeled and cubed
1 lemon
5 cups water
Artificial sweetener or sugar to taste

Instructions
1. Put cucumber and water in a blender and puree.
2. Strain.
3. Add juice of lemon and sugar to taste.
4. Serve over ice.
Nutrition information:
Calories: 8
Carbohydrate: 2 gm
Fiber: 0.5 gm
Fat: 0 gm
Protein: <1 gm
Cholesterol: 0 mg
Sodium: 1 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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