

# Cucumber Water

If you have heard someone say “I don’t like the taste of water”, this is a healthy way to add flavour without adding extra sugar or syrups. Water is a healthy beverage. Choose water to drink at meals.



## Ingredients:

12 cups ½ medium	Cold water English cucumber, sliced in rounds or slivers	3 L ½ medium
---------------------	---	-----------------

## Directions:

1. Add sliced cucumbers to water and let stand for 15 to 20 minutes.
2. Serve cold or at room temperature.

**Makes about 12 glasses (250 mL / 1 cup / 245 g)**

Source: developed by Terry B. for Apple E-Parenting newsletter, Alberta Health Services.

<b>Nutrition Facts</b>	
Per 1/12 of recipe ( 250 mL / 1 cup / 245 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 0	
<b>Fat</b> 6 g	<b>0 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 10 mg	<b>0 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 0 g	
Vitamin A	20 %
Vitamin C	0 %
Calcium	5 %
Iron	0 %

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	0
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a healthy beverage choice according to the Alberta Nutrition Guidelines. It does not belong to a specific category as it is water, which is recommended to have with meals.