



Cucumber Mojito Blender Juice with Aloe

4 servings

15 minutes

Ingredients

- 2 cups Water
- 4 Lime (juiced)
- 89 milliliters Pure Aloe Juice
- 1/4 cup Maple Syrup
- 2 Cucumber (large, peeled, seeded and chopped)
- 1 cup Mint Leaves (loosely packed)
- 1/8 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 91 |
| Fat | 0g |
| Saturated | 0g |
| Carbs | 24g |
| Fiber | 2g |
| Sugar | 15g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 103mg |
| Potassium | 438mg |
| Vitamin A | 452IU |
| Vitamin C | 19mg |
| Calcium | 96mg |
| Iron | 1mg |
| Vitamin D | 0IU |
| Vitamin E | 0mg |
| Folate | 22µg |
| Vitamin B12 | 0µg |
| Magnesium | 40mg |
| Zinc | 1mg |
| Selenium | 1µg |

Directions

- 1 Add all of the ingredients to a high-speed blender. Blend on high for one minute or until very smooth.
- 2 Strain the juice into a pitcher with a fine mesh sieve to remove the pulp.
- 3 Serve over ice and enjoy!

Notes

No Aloe: Use extra lime juice instead.

Storage: Juice will keep in the fridge for one day.

No Maple Syrup: Use honey or a few drops of stevia to taste instead.