

# Cucumber Mojito Blender Juice with Aloe

7 ingredients · 15 minutes · 4 servings



## 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.

## Ingredients

**474 milliliters** Water

**4** Lime (juiced)

**89 milliliters** Pure Aloe Juice

**80 grams** Maple Syrup

**2** Cucumber (large, peeled, seeded and chopped)

**26 grams** Mint Leaves (loosely packed)

**750 milligrams** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	91	Vitamin C	19mg
<b>Fat</b>	0g	Calcium	96mg
Saturated	0g	Iron	1mg
<b>Carbs</b>	24g	Vitamin D	0IU
Fiber	2g	Vitamin E	0mg
Sugar	15g	Vitamin K	25µg
<b>Protein</b>	1g	Folate	22µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	103mg	Magnesium	40mg
Potassium	438mg	Zinc	1mg
Vitamin A	452IU		