

# Cucumber Cooler

by Tarla Dalal



## Ingredients

1/2 small sized **muskmelon, peeled, deseeded and chopped**  
1 medium sized **cucumber (unpeeled), cut into pieces**  
**crushed ice** to serve

Method

## HOPPER / JUICER

1. Juice all the ingredients.
2. Add some crushed ice in 2 glasses and pour the juice over it. Serve immediately.

## MIXER / BLENDER

1. Blend all the ingredients using little water (if required) till smooth.
2. Strain the juice using a strainer or a muslin cloth.
3. Add some crushed ice in 2 glasses and pour the juice over it. Serve immediately.

### Nutrient values per glass

<b>Fat</b>	<b>Vitamin C</b>	<b>Calcium</b>	<b>Carbohydrate</b>	<b>Energy</b>	<b>Protein</b>	<b>Vitamin A</b>
0.2 gm.	26.4 mg.	33.2 mg.	4.4 gm.	22 kcal.	0.5 gm.	147.9 mcg