Cucumber Mint Cooler

Ingredients:

6 large cucumbers, peeled and segmented

0.75 cup fresh mint leaves

1 ½ lime, peeled and segmented

3 tablespoons honey (optional for sweetness)

2-2.5 cups cold water

Ice cubes (optional)

1. Wash all the fruits and vegetables thoroughly.
2. Put the ingredients and water into a blender and blend thoroughly.
3. Pour the blended juice through a strainer. You can add more water if desired. Stir the juice well to ensure it's evenly mixed.
4. Pour the green detox juice into glasses over ice cubes if desired. You can add a touch of honey if you prefer a slightly sweeter flavour.