

Cucumber Lemon Water - A Fresh, Healthy Drink for Any Time of Day

Cucumber and Lemon Water ???



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Ready

INGREDIENTS

- 1 cucumber, peeled and seeds removed (optional)
- 2 lemons, juiced (adjust to taste)
- 4 cups natural water (1 liter)
- Sweetener to taste (stevia, honey, sugar, or none)

Ice, for serving

Instructions:

1 Prep the Ingredients:

2 Blend the Water:

3 Taste & Adjust:

4 Serve Chilled:

Tips for Success:

Serving Suggestions:

First thing in the morning as a refreshing reset

Alongside a light chicken salad

As a cool down after a workout

On your brunch table with 3-ingredient oatmeal breakfast cookies

Paired with no-bake grasshopper pie for a cool, creamy contrast

Storage Tips:

Refrigerate: Store in a covered pitcher for up to 2 days.

Stir before serving: The mixture may settle slightly.

Add ice just before serving to prevent dilution.

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This Grasshopper Pie Is My Favorite No-Bake Dessert with a Mint Chocolate Twist

These Chicken Enchiladas Are My Go-To for Cozy, Crowd-Pleasing Dinners

Final Thoughts:

DIRECTIONS

1. **Prep the Ingredients:** If removing cucumber seeds, slice the cucumber in half lengthwise and use a spoon to scrape them out. Chop the cucumber into medium chunks.
2. **Blend the Water:** In a blender, combine the cucumber pieces, lemon juice, sweetener, and water. Blend until the mixture is smooth and fully liquefied.
3. **Taste & Adjust:** Taste your water and adjust sweetener if needed. For a bright and tart version, skip sweetener altogether. For a balanced flavor, start with 1 to 2 tablespoons of sweetener and adjust to taste.
4. **? If using sugar, blending helps it dissolve fully-no grainy texture!**
5. **Serve Chilled:** Pour the blended water through a strainer if you prefer a smoother texture (optional). Serve immediately over ice, or chill in the refrigerator until cold.
6. **Tips for Success:** ? Use cold water or ice in the blender for an instantly chilled drink. ? Add fresh mint for extra flavor and a spa-like touch. ? Store in a pitcher in the fridge and shake before serving. ? Don't over-sweeten-this drink is meant to be refreshing, not syrupy.
7. **Serving Suggestions:** Enjoy your cucumber lemon water:
8. First thing in the morning as a refreshing reset
9. Alongside a light chicken salad
10. As a cool down after a workout
11. On your brunch table with 3-ingredient oatmeal breakfast cookies

12. Paired with no-bake grasshopper pie for a cool, creamy contrast
13. Storage Tips: Refrigerate: Store in a covered pitcher for up to 2 days.
14. Stir before serving: The mixture may settle slightly.
15. Add ice just before serving to prevent dilution.
16. More Light & Refreshing Recipes You'll Love: If you're in the mood for easy, bright, and fresh flavors, check these out:
17. This : Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days
18. A Light : Tangy Chicken Salad I Actually Crave (And There's No Mayo in Sight)
19. These 3-: Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time Saver
20. This : Grasshopper Pie Is My Favorite No-Bake Dessert with a Mint Chocolate Twist
21. These : Chicken Enchiladas Are My Go-To for Cozy, Crowd-Pleasing Dinners
22. Final Thoughts: This Cucumber and Lemon Water is proof that hydration doesn't have to be boring. With fresh ingredients and the option to sweeten or not, it's customizable and perfect for anyone looking to boost their water intake while enjoying every sip.
23. Cheers to clean, refreshing flavor-let us know how you make yours! ???

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cucumber-lemon-water-a-fresh-healthy-drink-for-any-time-of-day/>