



## Cucumber-Mint Martini

**Prep: 10 minutes • Serves: 1**

- 1 cup ice
- 1 (3-inch) piece cucumber, peeled and chopped into ½-inch pieces (about ½ cup)
- 10 fresh mint leaves plus additional sprig for garnish (optional)
- 2 ounces (¼ cup) gin or vodka
- 1 ounce (2 tablespoons) apple juice
- ½ ounce (1 tablespoon) fresh lime juice
- 1½ teaspoons agave nectar

**1.** Place ice in martini glass to chill. In cocktail shaker, with large spoon or muddler, mash cucumber pieces. Add mint leaves; with spoon, gently press leaves into cucumber.

**2.** Add remaining ingredients and ice (in glass) to shaker. Shake vigorously until frost appears on exterior of shaker; strain through fine-mesh strainer into martini glass and garnish with mint sprig, if desired.

*Approximate nutritional values per serving:  
205 Calories, 0g Fat (0g Saturated), 0mg Cholesterol,  
6mg Sodium, 15g Carbohydrates, 1g Fiber, 1g Protein*

### Helpful *tips*:

- > Similar to a pestle, a muddler is a long stick used to mash fruits, herbs and spices in the bottom of a cocktail shaker or glass.
- > Gently muddle mint leaves so as to not bruise them, which can result in a bitter flavor.