

Cucumber Water



★ ★ ★ ★ ★ 5 from 4 reviews

Prep Time: 5 minutes **Cook Time: 0 minutes** **Yield: 8 cups** **1x**

What makes hydrating easier? Cucumber water! Add spa-like tranquility to your day with this infused water.

Ingredients

1x

2x

3x

- 1/2 medium cucumber
- 8 cups (64 ounces) cold water
- Lemon slices, for serving (if desired)
- Fresh mint (optional)

Cook Mode Prevent your screen from going dark

Instructions

1. Wash and thinly slice the cucumber.
2. Add the cucumber slices to bottom of a pitcher. Use a wooden spoon to lightly muddle (mash) them several times to release the juices.
3. Add the cold water. Refrigerate for at least 1 hour before serving (you can add fresh mint sprigs if desired). Flavor is best within 1 day, but you can store up to 3 days refrigerated. Serve with lemon slices if desired. Or, add a splash of sparkling water.

Air Fryer Apple Chips

Becky

Air Fryer Apple Chips are a delicious snack. All you need are apples and cinnamon, and you will have a healthy alternative to potato chips.

★★★★★ 4.62 from 31 votes

PREP TIME

5 mins



COOK TIME

8 mins

RESTING TIME

5 mins



COURSE

Snack

CUISINE

American



SERVINGS

1

CALORIES

100 kcal

EQUIPMENT

- Air Fryer
- Mandolin Slicer or Sharp Knife

INGREDIENTS

- 1 apple

Optional

- 1 teaspoon cinnamon

INSTRUCTIONS

1. Begin by washing and drying the apples. After they are dried, use the mandolin, or a sharp knife, and cut them into thin slices, about $\frac{1}{8}$ inch thick.
2. Sprinkle a teaspoon of cinnamon on the apple slices and place them in the air fryer basket, in a single layer.
3. Once they are in the basket, set the temperature to 380 degrees F with a cook time of 8-10 minutes.
4. Turn the slices at the 5 minute mark. Let the slices sit for at least 5 minutes to crisp. (15-30 minutes rest time is best.)

quick & easy apple cucumber salad

★ ★ ★ ★ ★

5 from 2 reviews

Author: [Maryea](#) Total Time: 10 minutes Yield: 6 servings Diet: Vegan



This Apple Cucumber Salad recipe is super quick to make and has a tangy-sweet dressing that adds the perfect flavor.

INGREDIENTS

UNITS SCALE

- 2 English cucumbers
- 3 small apples
- 1/4 cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 teaspoons maple syrup
- 1 teaspoon Dijon mustard
- salt + pepper

INSTRUCTIONS

1. Start by chopping the cucumbers and apples into bite-sized pieces. I like to leave the skin on the apple and cucumber for extra fiber and nutrients, but you can peel it off if you prefer. Add the chopped apples and cucumbers to a large bowl.
2. To make the homemade dressing, in a small bowl or jar, combine the dressing ingredients: olive oil, apple cider vinegar, maple syrup, mustard, and a pinch of salt and pepper.
3. Whisk or shake to combine, and then pour the dressing on the apple and cucumber mixture. Stir to combine. Sprinkle the salad one more time with salt and pepper and serve.

NUTRITION

Serving Size: 1/6 of recipe Calories: 141 Sugar: 10.8 grams Fat: 9.6 grams Saturated Fat: 1.4 grams

Carbohydrates: 15.5 grams Fiber: 2.3 grams Protein: 0.8 grams

Find it online: <https://happyhealthymama.com/apple-cucumber-salad.html>