

How to Make Cucumber Cooler

With Jordan Ragasa

Trini: Alright... speaking of losing weight and eating healthy...

Enjoy the nutritional benefits of cucumber in a sweet refreshing drink...

Jordan Ragasa with Down to Earth is teaching us how to make cucumber coolers...

In our next healthy and delicious segment.

Take a look...

We are back here at the community room of Down to Earth on King Street...

And I am here with Jordan Ragasa...

Jordan: Hi everyone!

Our first segment we made these refreshing rolls...

Right... those collared wraps.

Jordan: Collared wraps...

And what are we making this time?

Jordan: Today we are making another refreshing cooling item...

So we have a cucumber cooler...

So delicious!

Cucumber cooler...

Jordan: Full of greens...

Alright... so what are the ingredients?

Jordan: The ingredients... we're just going to open up our processor... our blender here...

We're going to have some cucumbers in here...

Ok...

Jordan: Then I'll have you blend it all together...

And then we're also going to add a little bit of mint...

This will give it that cooling effect...

And it's super good to drink on a really hot summers day...

We have some lime juice...

And a little bit of sugar...

Just to help the flavor, and give it...make it more tasty...

Ok...

I remember this blender...

Jordan: This is the blender...

This blender is so good....

Jordan: It's our Vitamix...

So we're just going to put it on...

And you can just plunge it there...

Ok...

Jordan: And then when it's all... just lift it up a bit...

When it's all pulverized into a nice blend...

You can just mix it up a bit more...yeah!

Get in there Trini!

[Laughter]

Alright... there's coming into a blend right now...

Nice and smooth...

[Blending Sound]

Alright... we're going to go ahead and put it into our cup...

We have some ice in this cup...

And then we're just going to top it off with a little bit of seltzer...

Our sparkling water...

And it's a very very cooling drink...

And you can get your cucumbers, and mints... get all your greens...

It's a very very very healthy and very refreshing...

Trini: Yeah...

Jordan: Alright... let me just go ahead and mix it up with a little spoon here...

Trini: Great... well you know summer is right around the corner so...

Right around the corner...

Jordan: There you are...

Trini: Thank you...

Jordan: Try it out...

Trini: Cheers...

[Laughter]

Jordan: I wish I had one...

Trini: We need one for you... I know...

Mmmm

Yummy...

Jordan: How is it? Yeah...

Trini: It's a little [foamy] so I need to drink to get to the bottom of this one...

Jordan: There you go... there you go!

Yeah...

Trini: It's a good thing this isn't milk...

[Laughter]

Jordan: You'd have a green 'stach now...

Trini: Delicious though... what a refreshing drink...thank you so much.

Jordan: Thank you... yeah... you can find recipes like this on our website as well...
DowntoEarth.org...

Hope you can kinda check it out sometime...

Trini: Alright... thank you Jordan...

Jordan: Thank you Trini...

Trini: I felt like I had a green mustache...yes.

[Laughter]

Oh... but it's so nice to have something so fresh I mean just blended right there...

Trini: Yeah... and you know sometimes you go to restaurants or smoothie shops or whatever...

And you end up ordering this...

You can make this at home...

And they can be quite expensive at some of those organic smoothie shops...

Trini: Make it yourself... that's right! Coming up...

[Check out the recipe on the Down to Earth website](#)