



This drink is kind of like an ancient smoothie! It is often served at family meals and picnics or after dinner as a soothing finish to a large meal. Feel free to adjust the quantities to taste.

Prep Time: 5 to 10 minutes

Cook Time: 0 minutes

Total Time: 5 to 10 minutes

Ingredients ↓

- 2 cups plain yogurt
- ½ teaspoon salt
- ½ cucumber or 1 whole Persian cucumber
- Pinch of dried mint
- Ice

Equipment ↓

- Knife
- Measuring cups
- Long-handled spoon
- Vegetable peeler
- Pitcher
- Measuring spoons
- Cutting board

Directions ↓

- 1 Put yogurt into large pitcher.
- 2 Stir in 4 cups cold water and salt.
- 3 Peel cucumber and dice into ¼ pieces.
- 4 Rub mint between your fingers to release some of its essence and sprinkle it into pitcher.
- 5 Mix well and taste. Add more water if you would like a thinner consistency.
- 6 Pour into glasses filled with ice.