

## Anti-Bloating Juice: Cucumber Mint Juice

### Ingredients:

- 2 large cucumbers
- 1/4 cup fresh mint leaves
- 1 lemon, juiced
- 1 teaspoon grated ginger
- 2 cups water

### Instructions:

1. Peel and chop the cucumbers.
2. In a blender, combine cucumbers, mint leaves, lemon juice, grated ginger, and water.
3. Blend until smooth.
4. Strain the juice through a fine mesh sieve.
5. Serve chilled.

### Macros (per serving):

- Calories: 25
- Fat: 0g
- Protein: 1g
- Carbs: 6g
- Fiber: 1g
- Net Carbs: 5g

