

FUEL UP

# Crunchy Cucumber

Getting major points for crunch, this low-calorie and water-rich veggie adds a refreshing twist to meals and snacks.

## SPICE IT UP

Add a squeeze of lime juice and a sprinkle of chili powder to slices of cucumber.

## DIP AWAY

Cut into finger shapes and dunk into your favorite veggie dip.

## REFRESH

Put sliced cucumber into a glass of plain or sparkling water for a refreshing hydrating beverage.

