

Choco Fever Dream

Cucumber Apple Salad Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 medium cucumbers, thinly sliced
- [ ] 2 crisp apples (Honeycrisp or Gala), diced
- [ ] 1 tablespoon fresh lemon juice
- [ ] 2 teaspoons extra-virgin olive oil
- [ ] ¼ teaspoon sea salt
- [ ] Optional: 2 tablespoons fresh mint leaves, torn

Instructions

1. Wash the cucumbers, then slice them thinly on a mandoline or sharp knife.
2. Core the apples, dice them, and immediately toss with the lemon juice to keep color.
3. In a small bowl, whisk together olive oil, lemon juice (if extra), and sea salt.
4. Combine cucumber and apple in a large mixing bowl, drizzle the dressing, and toss gently.
5. Scatter mint leaves on top, give one more quick toss, and serve right away.

Nutrition per serving

120 kcal	2 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a sweeter note, add a drizzle of honey.
- Taste the dressing before adding; adjust salt or lemon to your liking.
- For a heartier version, add toasted walnuts or sliced almonds.