

Plate Dream

Cucumber Apple Salad – Fresh & Crunchy

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

Ingredients

Salad

- [ ] 2 large cucumbers, thinly sliced
- [ ] 2 crisp apples, diced
- [ ] 1/4 cup fresh mint leaves, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 1 tbsp honey
- [ ] 2 tbsp fresh lemon juice
- [ ] Pinch of sea salt
- [ ] Pinch of black pepper

Instructions

1. Wash cucumbers, trim ends, and slice thinly; pat dry to keep them from getting soggy.
2. Core the apples, dice them, and immediately toss with lemon juice to prevent browning.
3. In a small bowl, whisk olive oil, honey, lemon juice, salt, and pepper until lightly emulsified.
4. Combine cucumber, apple, and mint in a large bowl; drizzle the dressing, toss gently, and serve.
5. Optional: garnish with extra mint leaves or a sprinkle of toasted seeds for added texture.

Nutrition per serving

150 kcal	2 g	16 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure cucumbers are completely dry before mixing.
- Adjust honey to taste if you prefer a less sweet profile.
- Add a splash of apple cider vinegar for extra tang if desired.