



Weight Loss Done Right!

Cucumber Salad

Ingredients:

- 2 pounds cucumbers
- 2 green onion, sliced
- 1 garlic clove, minced
- 4 tablespoon apple cider vinegar
- 1 teaspoon sweetener
- 2 teaspoon dried dill or 2 tablespoons chopped fresh dill
- ½ tablespoon sea salt
- ¼ teaspoon black pepper

Directions:

1. Peel and slice cucumber thinly.
2. In a large bowl mix cucumber and green onion.
3. In a small glass, mix vinegar, honey, garlic, salt, pepper and dill.
4. Pour vinegar mixture over cucumber, toss to coat.
5. Adjust taste with more salt and black pepper, if necessary.
6. Serve immediately.