

# Cool It, Cukes



## Mint, Take A Hint!

Serves 4-6

- 5 cucumbers (3 juiced, 2 chopped)**
- ¼ leek, chopped**
- 2 Tbsp. sesame seeds, soaked**
- 2 Tbsp. sunflower seeds, soaked**
- ¼ cup fresh mint, plus more for garnish**
- Himalayan pink salt**

Place cucumbers in a blender or food processor; add leek, seeds, mint and salt to taste. Blend to preferred consistency—chunky or liquid smooth. Chill, then garnish with fresh mint before serving.

## Soaking the Seeds

- 1 cup raw, untoasted seeds**
- 2 cups filtered or spring water**

Place seeds in a glass bowl or mason jar, cover with room-temperature water and soak overnight. Drain and discard soak water; rinse seeds, then dry on a paper towel.

**Elina Fuhrman discovered** she had breast cancer in 2009, but describes the diagnosis as one of the best things that's ever happened to her. "It may sound crazy, but my life has changed so much for the better," she says.

On a mission to heal herself, Fuhrman worked closely with a Traditional Chinese Medicine (TCM) specialist. "He introduced me to the power of herbs, and encouraged me to start incorporating a wide range of spices, herbs and mushrooms into my diet," she explains. Daunted by the task of figuring out how to consume this lengthy list of new ingredients, Fuhrman was advised by her TCM practitioner to experiment with vegetable broths instead of traditional juices or supplements.

"That was my launching pad," says the cookbook author, who began to concoct a myriad of "powerful potions that would not only help me heal, but offer me comfort and warmth." The 50-plus recipes in Fuhrman's *Soupelina's Soup Cleanse* (De Capo Press, 2016), however, weren't all created for cold winter days. Consider, for instance, this practically instant, raw cucumber and mint concoction, *Mint, Take A Hint!* Chilled soups are ideal for summer, when our bodies need fewer calories for warmth. This supersoup, as Fuhrman fondly refers to it, makes for a quick and easy lunch when paired with a salad, or a simple five-minute snack.

The recipe's only think-ahead requirement is to soak the sunflower and sesame seeds overnight. This process helps to grow live cultures, which provide the body with active nutrients (namely, vitamins A, B and C); neutralize enzyme inhibitors; promote the growth of digestive enzymes; and makes the seeds easier for our bodies to digest.

The recipe's standout ingredient—the humble cucumber—can be found in most people's vegetable drawers. This superstar is extremely hydrating, and contains a cocktail of lignans believed to protect against breast, ovarian, uterine and prostate cancers. The author opts for unpeeled Persian cucumbers, whose skins are chock full of vitamin C.

And as for that signature warming element found in all of Fuhrman's recipes? "That's where the leek and sesame seeds come in," she explains. "They're rich in protein and give the soup the oomph it needs." —*Rachel Kossman* ■