

WHY ACT NOW

CUCUMBER BITES



Ingredients

- 1 cucumber, small
- 2 slices (50g) cheddar cheese

Directions

Cut cucumber into even slices. Cut 2 slices of cheese. Assemble cucumber, cheese, cucumber, cheese to make a small stack. *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 226	Calories from Fat 151
% Daily Values*	
Total Fat 17g	26%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 52mg	17%
Sodium 314mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 13g	26%

*Percent Daily Values are based on a 2,000 calorie diet.

Cucumbers are 95% water which keeps the body hydrated and helps eliminate toxins! Also, a good source of B vitamins if you need a quick pick me-up.