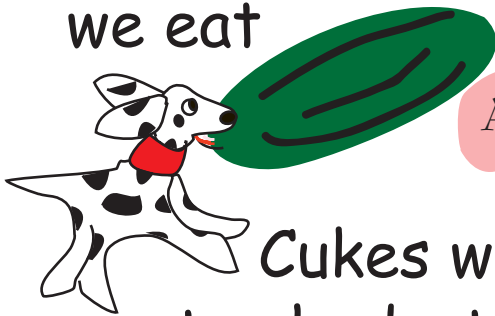


Snack Fact in a Sack

Cucumbers are full of water and some vitamins.

Scientists call them fruits but we eat them like veggies.



A little raspberry vinaigrette on the side, please.

Cukes will help you stay hydrated on your run.

carol goodrow

Cucumber Snack

1. Slice a small cucumber into 1/4 inch pieces.
2. Sprinkle with a little salt.
3. Count out 8 slices for a portion.

