

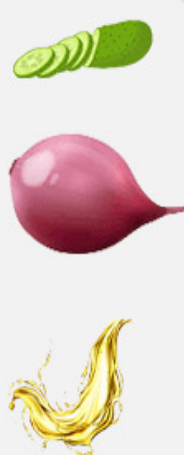


# Ways To Include Cucumber In Your Pregnancy Diet



Make a salad with cucumbers, avocado, black olives, and other veggies with a drizzle of olive oil and vinegar.

Blend cucumber, dill, red onions, olive oil, and sour cream to make a refreshing cold soup.



Cucumbers go great in sandwiches with butter, sour cream, and mint leaves.

Prepare a Tzatziki sauce for your salads by mixing cucumber, fresh mint, greek yogurt, garlic, lemon juice, and salt.



Make pickles out of cucumbers by boiling salt, vinegar, water, and sugar, then add cucumber, dill, and garlic to the cooled mixture.