

Melon & Cucumber Agua Fresca



Agua Frescas are traditional drinks in Mexico. Their cooling and refreshing effect make them the perfect beverage to quench your thirst on a hot summer day!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

4 cups	Melon, peeled, cubed (watermelon, cantaloupe, etc.)
1 cup	Cucumber, peeled, roughly chopped (about ½ each)
2 each	Limes, juiced
2 Tbsp	Sweetener of choice
1½ cups	Water

CHEF'S NOTES

Play with your food and drinks! Agua Frescas are a great way to use fresh seasonal fruit. Try adding or substituting berries, pineapple, citrus fruits, or fresh herbs to find your favorite combination.

This recipe does contain added sugar, but it is much less than you would find in a soda or bottled drink. Depending on how sweet your melon is naturally, you may not need to add any or all of the sugar! Granulated sugar or honey are good options for adding a little extra sweetness.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add melon, chopped cucumber, lime juice, and sweetener to blender. Start the blender on low and gradually increase to high speed. Keeping the lid attached to the blender, if necessary, use tamper to help push melon and cucumber towards blade. Blend until smooth.
3. Add water to pitcher. Stir to combine. Strain through a fine-mesh strainer.
4. Serve over ice and enjoy!

Nutrition Facts

4 servings per container

Serving size 8 oz. (296g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber <1g 3%

Total Sugars 16g

Includes 6g Added Sugars 12%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.5mg 2%

Potassium 230mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

