

Mango Lime Agua Fresca



This fresh and fruity blended beverage showcases mango's sweet tart flavor and is perfect for cooling down on a hot day!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

2 medium	Mangos, ripe, peeled and roughly chopped
1 each	Lime, juiced
¼ cup	Honey
5 cups	Water
As needed	Ice

CHEF'S NOTES

This beverage can be customized with your favorite herbs, citrus, or other fruits. Try adding 2 Tbsp of fresh Mint or Basil before blending.

Use the ripest mangos for the sweetest flavor. If using frozen mango, microwave the fruit for a minute or two to help soften and sweeten the fruit.

Other sweeteners work in the same quantity, but liquid sugar is easiest to blend in.

This drink can separate upon sitting. Give it a gentle stir or shake before serving. Straining is not recommended; it will remove the fiber and a lot of the flavor.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a large blender pitcher, combine the mango pieces, lime juice and honey. Top the fruit with the water.
3. Blend on medium-high until the mango breaks up, about 30 seconds. Scrape down the sides of the blender (if using herbs, they can be added at this step). Increase the speed to high and leave to blend until the mixture is smooth and frothy, about 45 - 60 more seconds.
4. Leave in the pitcher until ready to drink. Serve over ice.

Nutrition Facts

8 servings per container

Serving size 1 cup (248g)

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 22g 8%

Dietary Fiber 1g 4%

Total Sugars 20g

Includes 9g Added Sugars 18%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.2mg 2%

Potassium 150mg 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.

