

WATERMELON AGUA FRESCA

Agua fresca is a light fruit drink popular throughout Mexico. It's simply made by blending fruit with water, a bit of sugar and a little lime juice. Begin with sweet, juicy melon, or your agua fresca won't have much flavor.

By: Martha Rose Shulman
Makes 4 servings

INGREDIENTS

- 4 cups diced, peeled ripe watermelon or cantaloupe
- 3 cups water
- 2 to 3 teaspoons fresh lime juice
- 1 tablespoon sugar



<http://cooking.nytimes.com/recipes/1012543-watermelon-or-cantaloupe-agua-fresca>

PREPARATION

- Blend together the watermelon or cantaloupe with 1 1/2 cups of the water, the lime juice and the sugar at high speed until smooth.
- Strain through a medium strainer into a large pitcher or bowl. Stir in the remaining water.
- Refrigerate for 1 hour or longer.
- Fill a glass with ice, pour in the agua fresca, garnish with a mint sprig, and serve.

Nutrition Facts

Serving Size		Servings Per Container 4	
Amount Per Serving			
Calories 71		% Daily Values*	
Total Fat 0g			0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol 0mg			0%
Potassium 176mg			5%
Sodium 7mg			0%
Total Carbohydrate 18g			6%
Dietary Fiber	1g		4%
Sugars	15g		
Protein 1g			2%
Vitamin A 17%	•	Vitamin C 22%	
Calcium 2%	•	Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g