



# Agua Fresca

There are few things on a hot day that are quite as refreshing as an **agua fresca**. *Agua frescas* are traditional Mexican non-alcoholic beverages made from fruits, flowers or seeds blended with sugar and water.

Some of the most popular flavors include *horchata*, hibiscus and watermelon. They are regularly sold by street vendors but can be found in restaurants, juice bars and in some convenience stores.



Making *agua frescas* can be easy and fun. Some fruits you can use for *aguas frescas* at home include pineapple, strawberries, cucumber, cantaloupe and watermelon.

Here is a basic recipe for *agua frescas* you can try at home. Choose your favorite fruit and have fun.

## Basic Recipe for Agua Fresca

4 cups drinking water  
2 cups chopped fresh fruit  
1/4 cup sugar (or equivalent using pure sugar cane, agave or another sweetener)  
2 teaspoons fresh-squeezed lime juice to your taste  
lime wedges for garnish (optional)  
ice (optional)

## How To:

In a blender combine water, sugar, and fruit. Puree until smooth. Pour mixture (through a sieve, if desired) into a pitcher or serving container. Taste, then stir in lime juice to your taste. Taste, then add additional sugar, if necessary. Garnish with a lemon or lime wedge.

If you skip the filtering step, you will be sipping all the fiber from the fruit. That means you won't have the blood sugar spike you get with regular juice with all the added sugar.

Serve over ice, if you like—though if you are striving for an authentically Mexican *agua fresca*, you will want to ice the drink in the pitcher rather than in the individual glasses or refrigerate your drink beforehand and avoid the ice altogether.

