

Shopping List

Watermelon/Peach Agua Fresca

Produce

Watermelon

Peaches

Lime

Bulk

Sugar



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Agua Fresca



Agua Fresca

INGREDIENTS

Watermelon/Peach

1 “personal” watermelon, chopped

3 donut peaches or 1 large peach, pitted and chopped

1 lime, juiced

2-4 T sugar

Water

Cucumber/Cantaloupe

1 large cucumber, seeded and chopped

1 cantaloupe, seeded and chopped

3-6 large leaves of basil

1 lime, juiced

2-4 T sugar

Water

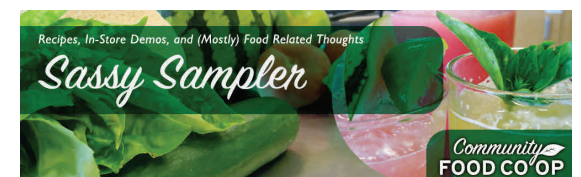
INSTRUCTIONS

1. Prepare your fruit/herbs/vegetables.
2. Add fruit/herbs/vegetables to blender and purée.
3. Strain purée through cheesecloth or a fine mesh strainer into your pitcher. Get as much of the juice from the pulp as possible; discard pulp.
4. Strain again, but back into the blender this time. Add sugar, starting with 2T and blend until combined. Taste mixture to see if you want to add more sugar.
5. Pour mixture back into your pitcher. Add enough water to fill container and mix.
6. Chill completely and serve icy cold.

This recipe works the best with really ripe fruit.

You can use any fruit that is soft enough to purée—try different mixtures with your favorites, like strawberries, pineapple, mango, etc.

Agua Fresca translates literally as “fresh water”. It is served all over Mexico and it very simple to recreate at home. It is hard to mess up—you can add as much water as you like to make it thinner or thicker, depending on your personal tastes.



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Makes about 6 cups