



Picture by: Amy Katz at Veggies Save the Day

AGUA FRESCA DE SANDIA

This recipe is a great alternative to sugary drinks and much more refreshing.

*Tip: If you will decorate with the lime slices, cut 8 thin slices and then use the rest of the lime to get the tablespoon of lime juice.

Serves: 8

Serving Size: 8 oz of agua fresca

WHAT YOU WILL NEED:

- 4 cups seedless watermelon chunks
- 1 tablespoon lime juice
- 4 mint leaves
- ½ liter sparkling water (plain or lime-flavored)
- crushed ice or ice cubes
- lime slices for garnish (optional)

APPROXIMATE COST:

- Total cost: \$1.21
- Cost per serving: \$0.15

INSTRUCTIONS:

1. In a blender, process the watermelon chunks, lime juice, and mint leaves until smooth.
2. Strain the watermelon mixture, if desired, and set aside.
3. Fill your glasses with ice.
4. Pour the watermelon mixture over the ice to fill each glass 3/4 of the way to the top.
5. Top each glass with sparkling water, garnish with lime slices (if desired) and enjoy!

NUTRITION FACTS:

- Calories: 27 Cal
- Carbohydrates :7 g
- Protein: 1 g