

# Agua Frescas

**Yield: 8 servings**



## Ingredients:

4 cups of chopped fruit for the base

\*the following work well:

Pineapple

Honeydew

Watermelon

Cantaloupe

*\*you can add some mango, apples, strawberries, lemon or limes to any of the fruits above to make a combination drink.*

3 cups of water

1 tablespoon agave (maybe - depends on the sweetness of the fruit)

Juice of one lime

## Directions

Add the fruit, water and lime juice to a blender.

Puree until it's completely smooth.

Strain the mixture through a fine mesh sieve into a large pitcher (if desired - I don't think it's necessary for watermelon, but for the other melons I take the time to strain it). Taste to see if you need a bit of sweetness, adding agave to your liking. Serve over ice or refrigerate to chill.

Garnish with mint leaves or slices of fruit.

## Ingredients for Refresco de Ensalada:

1 pineapple, peeled

2 mangos, peeled

3 oranges

2 apples

Juice of one lime

5 cups of cold water

1 - 2 tablespoons agave syrup

## Directions:

Cut one-fourth of the pineapple into a small dice. Add to a large pitcher. Cut the rest of the pineapple into large chunks and blend well. Add the juice to the pitcher. Cut one mango into a small dice (same size as pineapple) and add it to the pitcher. Cut the other mango into large chunks and add to the blender with a little water. Blend. Add the mango puree to the pitcher. Juice two oranges into the pitcher and cut the last orange into a small dice. Cut the apples into a small dice and add to the pitcher. Pour in cold water, agave and lime juice. Stir. Taste for sweetness (adding more to your liking). Serve very well chilled.