

Another Healthy Recipe from



## Strawberry Aqua Fresca

Spanish for "fresh water," agua fresca is a refreshing, fruit-infused drink that is served throughout Mexico. Depending on the ripeness of the strawberries, adjust the amount of sweetener for desired taste.

### INGREDIENTS

- 4 cups water
- 1/3 cup sugar
- 6 cups hulled strawberries
- 1/4 cup fresh lime juice (about 2 limes)

### HOW TO MAKE IT

1. Combine water and sugar, stirring until sugar dissolves. Place strawberries in a blender, and process until smooth. Combine the sugar mixture, strawberry puree, and juice; stir well.

