



## Strawberry Mint Agua Fresca

Use other seasonal fruits such as watermelon, cantaloupe, cucumber or kiwi! This will hold, refrigerated, for up to 3 days.

### U.S.

1 quart	Strawberries, stem and hull removed
4 cups	Ice
2 Tbsp	Honey
1/4 cup	Lime Juice (about 2 limes)
6 sprigs	Fresh Mint

### Metric

946.4 mL
946.4 mL
30 mL
59.2 mL
6 sprigs

### **Preparation:**

1. Gather all ingredients and equipment.
2. Puree strawberries in a blender or food processor with the ice and lime juice.
3. Pour into glasses and garnish with fresh mint leaves

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### **Nutrition Facts**

<b>Serving size</b>	<b>1 cup</b>
<b>Servings</b>	<b>8</b>
<b>Calories</b>	50
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	6 mg
Carbohydrates	13 g
Dietary Fiber	2 g
Sugars	10 g
Protein	0 g
Vitamin A	0 %
Calcium	2 %
Vitamin C	110 %
Iron	3 %
Phosphorous	mg

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