



# Agua Fresca

Adapted from *Good and Cheap*



## Ingredients

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• 2 cups melon or other fruit, <i>chopped</i></li> <li>• 2 cups water, <i>cold</i></li> </ul> | <p>Optional:</p> <ul style="list-style-type: none"> <li>• 1 tsp vanilla</li> <li>• Squeeze of lemon juice</li> <li>• Mint leaves</li> <li>• Other herbs</li> </ul> |
|--|--|



## Directions



**Yield:** 4 servings **Serving size:** 3/4 cup

1. Place all ingredients (fruit + water + variations) into a blender container.
2. Blend until smooth.
3. Pour drink over ice. Enjoy!

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Agua Fresca

Adapted from *Good and Cheap*



## Ingredients

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• 2 cups melon or other fruit, <i>chopped</i></li> <li>• 2 cups water, <i>cold</i></li> </ul> | <p>Optional:</p> <ul style="list-style-type: none"> <li>• 1 tsp vanilla</li> <li>• Squeeze of lemon juice</li> <li>• Mint leaves</li> <li>• Other herbs</li> </ul> |
|--|--|



## Directions



**Yield:** 4 servings **Serving size:** 3/4 cup

1. Place all ingredients (fruit + water + variations) into a blender container.
2. Blend until smooth.
3. Pour drink over ice. Enjoy!

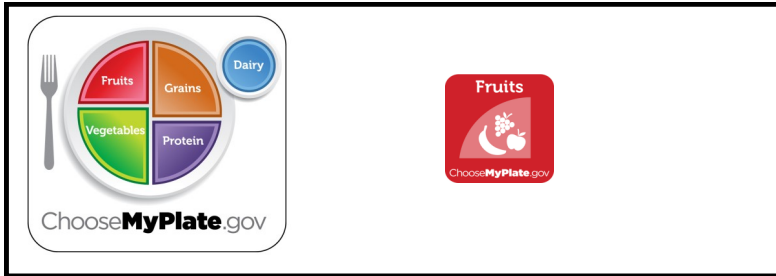
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



## Cooking Tips



Try these variations:

- Blueberry and lemon
- Cucumber lemon
- Mango and Lime
- Melon and berries
- Strawberry and mint
- Peach and vanilla
- Orange
- Pineapple

Second Harvest is an equal opportunity provider.

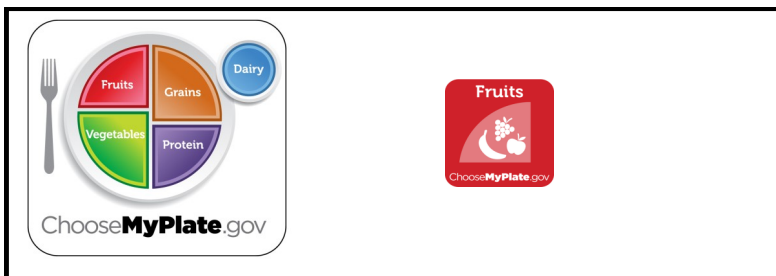
Nutrition Facts	
Serving Size 0.75 cup	
Serving Per Container 4	
Amount Per Serving	
<b>Calories 27</b>	
	% Daily Value*
<b>Sodium</b> 15 mg	<b>1%</b>
<b>Total Carbohydrate</b> 7 g	<b>3%</b>
Dietary Fiber 1 g	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



# Fast Facts



## Featured Food Groups



## Cooking Tips



Try these variations:

- Blueberry and lemon
- Cucumber lemon
- Mango and Lime
- Melon and berries
- Strawberry and mint
- Peach and vanilla
- Orange
- Pineapple

Second Harvest is an equal opportunity provider.

Nutrition Facts	
Serving Size 0.75 cup	
Serving Per Container 4	
Amount Per Serving	
<b>Calories 27</b>	
	% Daily Value*
<b>Sodium</b> 15 mg	<b>1%</b>
<b>Total Carbohydrate</b> 7 g	<b>3%</b>
Dietary Fiber 1 g	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	