

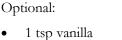
Agua Fresca

Adapted from Good and Cheap



• 2 cups melon or other fruit, *chopped*

• 2 cups water, *cold*



- Squeeze of lemon juice
- Mint leaves
- Other herbs

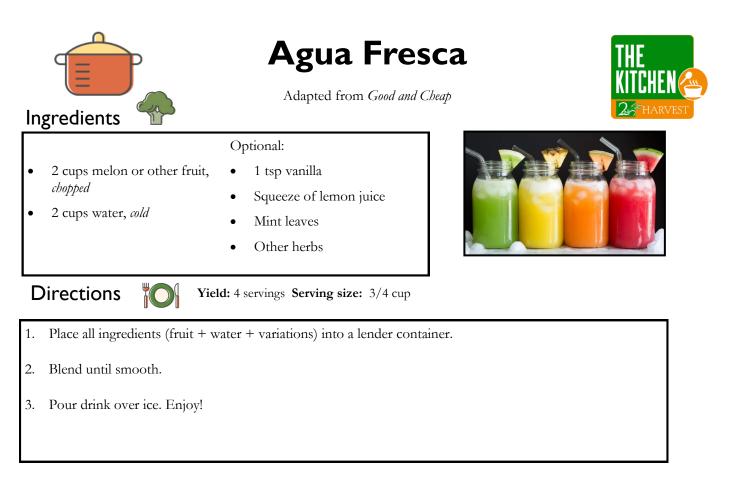


Directions



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

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	Fast Facts		
Featured Food Group	os 📘		
Pruits Grains Dairy	Fruits Crocss HyPlate gov	Nutrition Facts Serving Size 0.75 cup Serving Per Container 4	
Choose MyPlate.gov		Amount Per Serving Calories 27	
Cooking Tips 😂			% Daily Value*
		Sodium 15 mg	1%
Try these variations:		Total Carbohydrate 7 g	3%
• Blueberry and lemon	• Strawberry and mint	Dietary Fiber 1 g	4%
Cucumber lemon	• Peach and vanilla		
Mango and Lime	• Orange	* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your	
		calorie needs:	
Melon and berries Second	Pineapple econd Harvest is an equal opportunity pro Fast Facts	ovider.	
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