

Cantaloupe Agua Fresca

served cold

Ingredients:

- 1 (3 lb.) Ripe Cantaloupe
Cut in Dices
- 3 cups Cold Water
- 2 tsp. Squeezed Lime
- 2 tsp. Honey or Agave
- Pinch of Salt & Pepper



Method:

1. Place the cantaloupe, 1 1/2 cups of water, lime juice and measured hone in a blender and blend on high for 20 seconds.
2. Strain over a large pitcher, using a ladle to press down on solids.
3. Add the remaining 1 1/2 cups of water and stir to combine. Refrigerate for 1 hour.

Storage:

Refrigerate up to a week.



How To Use:

- Serve with Meal
- Add to Sparkling Water



Health Benefits:

Vision, Immunity & Heart Health;
Lowers the risk of some cancers.

Nutrition Facts

Serving Size 5 Cups (1g)

Amount Per Serving

Calories 48

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 16mg **1%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 1g **2%**

*Percent Daily Values are based on a 2,000 calorie diet.