



Mexican Fruit drinks





Aguas Frescas

- An Agua Fresca (translated to 'fresh water') is a refreshing drink, consisting of fresh fruit, sugar, water and ice.
- Each region of Mexico has its own version of aguas frescas using local fruits, like guayabas (guavas), platanos (bananas), resas (strawberries), mango, naranjas (oranges), pepino (cucumber), ciruelas (plums) and sandia (watermelon)
- You can adapt the recipe to use fresh, seasonal fruit available in the UK.



Ingredients...

- 900 g watermelon, with seeds removed, chopped into small cubes
 - 115 ml cold water
 - Mint leaves
 - Caster sugar
 - Lime slices
 - Ice cubes
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- (change the fruit to something else, if you wish.)
 - You could even mix two fruits together!!



Method

- Put the fruit and the water into a blender, and blend until smooth
- Share the mint leaves, sugar and lime slices amongst the glasses you have ready, and pour in the blended juice.
- Add ice to each glass, stir and serve
- Enjoy the delicious and fruity taste of Mexico!!!