



## Aguas Frescas

**Yields:** 2-4 servings

**Total Time:** 5 Minutes

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## Ingredients

- 1 cup chopped cucumber, peeled & seeded
- 1 cup water, or more to taste
- Juice of half a lemon or lime
- Fresh mint, optional
- Sweetener, optional



## Instructions

1. Blend all ingredients until completely smooth. Chill. Serve over ice.
2. For a highly nutrition-packed Agua Fresca, you can purée the entire cucumber, including the peel and seeds.

## Notes: