

Watermelon Agua Fresca

Agua frescas (Spanish: water refreshments) are popular in Mexico, Central America and the Caribbean and are made from fruits blended with sugar and water to make a non-alcoholic beverage. Due to the natural sweetness of watermelon, a minimal amount of additional sugar is required. Try substituting with Splenda or the like for a calorie cut!

- 1 cup finely chopped watermelon
- 7 cups coarsely chopped watermelon
- 6 cups watermelon juice
- 1/2 cup sugar
- 1 large lime, juiced
- 1 serving water (if needed)

Combine all ingredients in a large serving pitcher. Garnish with watermelon wedges and mint.

Double this recipe to fill a large drink dispenser.

Makes 1 pitcher



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Watermelon Raspberry Lemonade

- 6 cups watermelon cubes (seeds removed)
- 1/4 cup raspberries
- 1 cup water
- 1/3 cup sugar
- 1/2 cup lemon juice

Place watermelon, raspberries and water in container of electric blender. Cover and blend until smooth. Strain through fine mesh strainer into pitcher. Stir in sugar and lemon juice until sugar dissolves. Refrigerate until chilled, about 1 hour.

Makes 4 servings



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