

Beverages

Aguas Frescas

Dixie Crystals Sugar

Start to Finish Time: 10 minutes

1 large (about 3 cups) cantaloupe (or 1/2 a watermelon), seeded and diced strawberries, pineapple, mango, etc.

1 1/2 cups water

2 to 4 tablespoons Imperial Sugar extra fine granulated sugar

2 to 3 limes juiced

Strain the fruit to make the liquid as clear as possible. Use any fruit that is soft enough to puree'.

Puree' the cantaloupe and any other fruit. Pour through a fine sieve to eliminate pulp.

In a pitcher, mix the strained fruit puree' with water and add sugar and lime juice to taste.

Yield: 1 quart

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: .