

Watermelon Agua Fresca with Strawberries Recipe

makes 4 servings

Ingredients

- 1/2 cup of fresh or frozen strawberries
- 2 cups of watermelon chunks
- 2 Tablespoons of lime juice
- 1 cup of water
- 2 packets powdered stevia or 10 drops liquid stevia

Directions

1. Put all the ingredients in a blender
2. Blend on high
3. Strain if desired
4. Let cool in refrigerator for about two hours
5. Enjoy!

Important: Don't skip the lime juice! It helps really boost the other drink flavors.

Nutrition Info:

per serving

- Calories: 32
- Total Fat: 0.4 g
- Cholesterol: 0.0 grams
- Sodium: 2 mg
- Carbohydrates: 7.5 g
- Fiber: 1 g
- Protein: 0.6 g

In addition to being a sweet, low-calorie beverage this drink is also nutritious, containing approximately 35% of your Daily Value of Vitamin C, about 6% of your Daily Value of vitamin B-6 and about 6% of your Daily Value of vitamin A.