

## Cantaloupe mint agua fresca

### Ingredients

1/2 of a cantaloupe, seeds and rind removed, diced (about 1 1/2 to 2 cups diced melon)

1 quart water

1/4 cup sugar or to taste

Juice of 1 lime

2 Tablespoons fresh mint leaves, chopped

### Directions

Put the diced melon in the blender with enough of the water to cover.

Blend just long enough to make a coarse pulp.

Transfer to a pitcher and add the rest of the water, lime juice and the sugar.

Stir to dissolve the sugar and add chopped mint leaves.

Pour over ice and serve.

The resulting agua fresca will contain small bits of fruit pulp.

You can strain if you like but you will lose nutrients, fiber and some of the character of the drink.

\*adapted from recipe on [mexconnect.com](http://mexconnect.com)