

**Recipe Name**     **Strawberry Agua Fresca**

**Ingredients:**

- 3 cups organic strawberries
- 1/2 lime, juiced
- 3 Tbsp liquid allulose (or other liquid sweetener – stevia drops will NOT be the same measurement)
- 2 cups water
- 1 cup ice

**Directions**

1. Blend all ingredients and serve over ice. It will water down as the ice melts

\*Alternatively, if you like sparkling drinks, blend with one cup of water and then add additional cup of sparkling water, mix, and serve.

\*\* Try different fruits and/or combinations of fruits. Mint is also a great addition. Various melons, mango, pineapple and even cucumber are traditional in addition to the strawberry.

**Nutrition Facts**

<b>Servings:</b> 6	
<b>Amount per serving</b>	
<b>Calories</b>	<b>25</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0.2g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 3mg	<b>0%</b>
<b>Total Carbohydrate</b> 6.1g	<b>2%</b>
Dietary Fiber 1.6g	<b>6%</b>
Total Sugars 3.6g	
<b>Protein</b> 0.5g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 0mg	2%
Potassium 117mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition.