

Tri Fit Cooks



Let's Make Drinks!

Water is essential for health, but who says it needs to be boring?!

This summer add a burst of flavour to your water by making it an Agua Fresca!

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Agua Fresca

Nutritionists and health professionals alike encourage us to consume adequate amounts of water throughout the day in order to stay well hydrated. This is especially important during the hot summer months. Water is the essence of life, but sometimes we crave a little sweetness too. Adding hydrating fruits and vegetables such as cucumber, melon and strawberries to your water will provide a burst of sweetness and added flavour. When we blend fresh fruit, citrus juice and water with a little sweetener this is known as Agua fresca.



Agua fresca, Spanish for fresh water, is a non-alcoholic beverage served by street vendors and in restaurants in Mexico, the Caribbean and Central America. Try any of these combinations for a refreshing take on water.

Base	Citrus	Sweetener (optional)	Garnish
Watermelon	Lemon	Honey	Mint leaves
Cantaloupe	Lime	Maple syrup	Lemon wheels
Pineapple	Key lime	Stevia	Lime wheels
Mango	Grapefruit	Agave	Sparkling water
Strawberries	Orange	Sugar	
Cucumber			

Step 1: Blend fruit and water to a puree. (If you are using a traditional blender reserve ½ of the required water).

Step 2: Place a mesh strainer over a pitcher and strain the fruit puree. Use a wooden spoon to squeeze additional water out of the fruit.

Step 3: Squeeze in your choice of citrus.

Step 4: Add sweetener (optional) to taste.

Step 5: Pour in remaining water. Stir let sit for an hour or so and serve over ice.

(Agua Fresca Recipes on next page)

- Use ripe fruit. This will reduce or eliminate the need for added sugar. When picking a melon look for one that is heavy for its size, fragrant, and yields slightly to pressure at the stem end.
- Chia seeds absorb 9-10 times their weight in water. Boost the hydrating ability of your beverage by making it a chia fresca. Add chia seeds and let sit for 10 minutes until seeds swell, then stir or shake well. Or try this recipe: <http://ohsheglows.com/2013/03/01/chia-fresca-a-natural-energy-drink/>

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Featured Recipes

Looking for a refreshing twist on your typical summer infusion? Blend fresh fruit, water and citrus to make it an Agua fresca!

Mango Agua Fresca

1 ripe mango, peeled, pitted and cut into chunks.

1 ½ cups (375mL) cold water

½ tsp (2mL) freshly squeezed lime juice

½ tsp (2mL) agave nectar or honey, more or less to taste.

Mint leaves and lime wedges for garnish

1. In a blender, combine mango and water and blend until smooth.
2. Pour through a strainer into ice filled glasses.
3. Stir in lime juice and agave (or sweetener of your choice).
4. Garnish with lime, mint, and serve. Serves 2.

Source: <http://thelatinkitchen.com/r/recipe/mango-agua-fresca>



Cucumber Agua Fresca

2 Tbsp (30mL) sugar

3 Tbsp (30mL) water

1 ¾ cups (415mL) peeled English cucumber slices (about 1 medium cucumber)

¼ cup (65mL) water

3 Tbsp (45mL) fresh lime juice (about 2 large limes)

1 ½ (375mL) cups crushed ice

2 cups (500mL) unsweetened sparkling water, chilled

1. Combine sugar and 3 Tbsp water and heat until mixture boils, stirring often to make sugar syrup.
2. Place cucumber slices and ¼ cup water into a blender, process until smooth.
3. Strain mixture through a cheesecloth-lined sieve into a bowl to measure 1 cup liquid and discard solids.
4. Combine cucumber liquid and sugar syrup in a small pitcher.
5. Cover and refrigerate 1 hour or until thoroughly chilled, stir in lime juice.
6. Place ¾ cup crushed ice in each of 2 glasses.
7. Pour ½ cup cucumber mixture into each glass and add 1 cup sparkling water.
8. Garnish with cucumber if desired.

Adapted from <http://thelatinkitchen.com/r/recipe/cucumber-agua-fresca>