

Beverage

Agua Fresca de Pepino

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Servings: 4

3 cups (2 medium) cucumber, peeled, seeded and chopped

1/4 cup sugar

3 tablespoons fresh lime juice

1/4 serrano pepper, seeded

3 cups water

ice

lime slices (optional)

cucumber slices (optional)

In a blender, combine the cucumber, sugar, lime juice and serrano pepper. Process until smooth.

Add the water.

Cover and refrigerate the mixture overnight.

Strain the cucumber mixture through a fine sieve over a colander. Discard the solids.

Serve over ice.

Garnish with the lime or cucumber slices, if desired.

Yield: 4 one cup

Per Serving (excluding unknown items): 81 Calories; trace Fat (3.1% calories from fat); 2g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 1 Other Carbohydrates.