

Cucumber, Lime & Mint Agua Fresca

Season: Summer

Serves: 30 tastes in the
classroom or 8 at home

Fresh from the garden: cucumber, lime, mint

Recipe source: Adapted from a recipe from Mansfield Primary School

'Agua fresca' is Spanish and translates as 'fresh water'. This is a light drink with a fruit and vegetable base that traditionally combines grains, seeds and even flowers with sugar and water.

Equipment:

metric measuring cups (with pouring spouts)
clean tea towel
chopping board
cook's knife
citrus juicer
blender
fine-mesh sieve
spoon
large bowl
serving jug
glasses for serving

Ingredients:

4 large cucumbers, coarsely chopped
2 large handfuls of mint leaves
6 limes (juiced for 1 cup lime juice)
1 cup sugar
4 cups water



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put all of the ingredients into the blender.
3. Purée until smooth.
4. Strain the purée through the fine-mesh sieve into the bowl. Press the cucumber against the sieve with the back of the spoon to extract as much of the liquid as possible.
5. Pour the juice into a jug and place it in the fridge until ready to serve.

