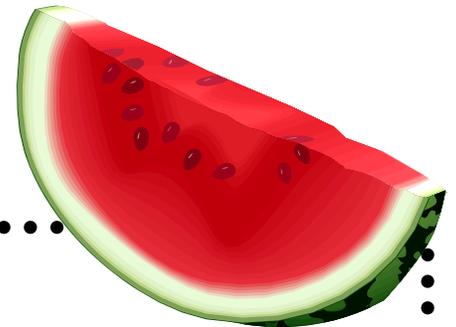




## Prepare low-calorie fruit-based drinks (Aguas Frescas)

- Quench the summer thirst preparing low-calorie Latino fruit-based drinks with your children.
- **Most commercial soft drinks are costly and have lots of sugar and artificial chemicals you don't need.**
- A regular soft drink can have up to 12 teaspoons of sugar!
- You can do better than that!
- **Prepare fresh fruit-based drinks at home.**

Here is an example of a delicious Latino fruit-based drink:



### Watermelon Agua Fresca

- Ingredients for 4 servings:
    - One fourth of a seedless or regular watermelon
    - Three 8-ounce cups of water
1. Remove the rind and chop the watermelon into small pieces. Remove the seeds. Put the watermelon and one cup of water in the blender and blend well.
  2. Add the remaining 2 cups of water and serve immediately or put in the refrigerator. Straining is optional - it will be healthier (more fiber) without removing pulp.
  3. You can use other fruits such as:
    - Cantaloupe
    - Strawberries
    - Pineapple
    - Orange
    - Lemon
    - Mango
    - Guava
    - Banana