

RECIPE

Mojito Agua Fresca



Ready in **10 minutes**

Serves **4 people**

Ingredients

- 1 cucumber
- 1 handful of fresh mint (*leaves only*)
- 1 inch knob of ginger (*sliced*)
- 1 lime (*to zest, juice, and slice for garnish*)
- 1 lemon (*to zest, juice, and slice for garnish*)
- 1-3 tablespoons of agave nectar (*to taste*)
- 3 cups of spring water

Instructions

1. **Prep:** Clean all the produce and prep as described above. Zest and juice the citrus.
2. **Blend:** Add all the ingredients into a blender. Blend until smooth and emulsified. Strain mixture if desired. Taste and adjust to your liking. *Add more citrus or agave for desired sweetness.*
3. **Serve and garnish:** Pour this refreshing drink over crushed ice. Garnish with citrus slices and an optional sprig of mint.

Note

This hydrating drink is great to have before or after a fast. Get creative, and make your own version with tasty additions like mango, blackberry or even grapefruit! You can simplify this drink by excluding the cucumber and ginger. However, those ingredients will aid digestion and provide additional nutrients. Happy hydrating!