

Pineapple Agua Fresca

Serves 6



Ingredients:

- 4-5 cups of pineapple (about 1 medium to large fruit)
- 4 cups of water
- Juice of 2 limes
- 2 cups of ice cubes, plus more if desired
- Fresh mint, to garnish

Instructions:

1. Place the ingredients except for mint in a blender or, if using an immersion blender, into a container with high sides. Puree until completely smooth. If you want a thinner consistency, add more water.
2. Serve over more ice, if desired, and garnish with whole or chopped mint leaves. Enjoy!

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Nutrition Facts		
Serving Size	1 × 6 Serving	
Amount Per Serving		
Calories	72.8	
	% Daily Value*	
Total Fat	0.2 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	8.3 mg	0 %
Total Carbohydrate	19.4 g	7 %
Dietary Fiber	2 g	7 %
Total Sugars	13.8 g	
Added Sugars	0 g	0 %
Protein	0.8 g	
Vitamin D	0 mcg	0 %
Calcium	26.6 mg	2 %
Iron	0.5 mg	3 %
Potassium	171.4 mg	4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>