



VERY BERRY MEXICAN LIMEADE

Inspired by Mexican *agua fresca* (a sweet blend of fruits, cereals, and flowers), this is sweetly refreshing on a hot day. A hint of cool refreshing cucumber complements the berry flavour.

- 1/4 cup (60 mL) honey**
- 4 cups (1 L) sliced strawberries or raspberries**
- 1/2 cup (125 mL) peeled, chopped cucumber**
- 5 cups (1.25 L) still or sparkling water, chilled**
- 2 limes**

Stir boiling water with honey until dissolved. Place each of half the berries and cucumber in blender. Pour 1/2 cup (125 mL) honey water ovetop and purée until smooth. Pour into large measuring cup, then purée remaining berries, cucumber, and honey water until smooth.

Strain mixture through fine sieve into bowl; press to extract as much juice as you can from pulp, then discard pulp.

Blend juice with 5 cups (1.25 L) very cold still or sparkling water. Grate in 2 tsp (10 mL) peel from lime and squeeze in at least 1/4 cup (60 mL) lime juice. Refrigerate until well chilled. Pour into glasses and garnish with fresh mint and lime slices, if you wish.

Makes 8 cups (2 L).

Each serving contains: 68 calories; 1 g protein; 0 g total fat (0 g sat. fat; 0 g trans fat); 18 g total carbohydrates (14 g sugars, 2 g fibre); 2 mg sodium >>



To keep the drink sparkly, prepare strawberry purée one day ahead, then mix with sparkling water or white wine such as Italian Prosecco (for a refreshing cocktail) just before serving.