

# 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.

