



**Pink Ribbon Agua Fresca
Chef Richard Sandoval**

Ingredients:

2 quarts watermelon, cut into cubes
1/3 qt of filtered water
Honey, to taste

Preparation:

1. Cube 2 quarts of watermelon
2. Transfer watermelon into a 5 qt. food storage container
3. Add 1/3 qt of filtered water
4. Blend until smooth using an immersion blender
5. Add honey to taste
6. Blend again
7. Pour through a fine strainer
8. Refrigerate and serve over ice

Fun Fact: Watermelon is the lycopene leader in fresh produce—two cups contain an average of 18.16 mg. (compared to tomatoes at 4mg.) This fruit is also rich in other types of antioxidants.

Source - www.watermelon.org