

Melon Agua Fresca [Melon Coolers]

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-agua-fresca-from-mexican>

Ingredients:

- 4 pounds cantaloupe melon seeded and cut into 1-inch cubes, about 8 cups
- 1 1/2 cups water
- 2 tablespoons fresh lime juice
- 1 tablespoon sugar optional, I skipped this
- 1/4 teaspoon salt
- 1 quart club soda chilled, or seltzer
- lime wedges Garnish:, or melon slices, optional

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 22 grams
3. Fiber: 3 grams
4. Protein: 2 grams
5. Sodium: 135 milligrams
6. Sugar: 20 grams

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