

Banana Agua Fresca (Agua de Platano)

Yield: 9 min
Total Time: 5 min

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

Ingredients:

- 4 bananas peeled and sliced
- 1 cinnamon stick
- 6 cups water
- 4 cups milk
- 1 tablespoon vanilla
- sugar to taste

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 10 milligrams
4. Fat: 2.5 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 85 milligrams
9. Sugar: 15 grams

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