

# Aguas de Frutas

"Fresh fruit waters, or Aguas de Frutas, made with crushed or blended fruit are a common and popular drink all over Mexico. This recipe is extremely flavorful and refreshing, especially when fresh strawberries are in season."

## Ingredients

- 4 cups strawberries, sliced
- 1 cup white sugar
- 8 cups cold water
- 1 lime, cut into 8 wedges (optional)
- 8 fresh mint sprigs (optional)

## Directions

1. In a medium bowl, mix together sliced strawberries, sugar, and 1 cup of water. Cover the bowl with plastic wrap and place in the refrigerator for 4 hours.
2. Remove the strawberry mixture from the refrigerator and pour into a blender. Blend on high until smooth. Pour the blended berry mixture through a wire mesh strainer set over a large mixing bowl; discard the pulp and seeds.
3. Add the remaining 7 cups cold water to the pureed strawberries and mix well. Place the Aqua de Fresa in the refrigerator to chill for several hours or pour over ice and serve immediately. Garnish with lime slices or mint leaves.

*Taste This!*

Howard County Farmers' Market  
May 5, 2017



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# Strawberry Cake

1 box French vanilla cake mix

Mix as directed on the box, but with half the amount of water called for.

Add 1 cup sliced strawberries with  $\frac{1}{4}$  cup confectioners' sugar to batter.

Bake as directed.

Beat together:

1 brick cream cheese, softened

$\frac{1}{4}$  cup confectioners' sugar until fluffy.

Fold in 1 cup sliced strawberries and 1 small tub Cool Whip.

Frost cake after completely cooled and refrigerate until ready to serve.

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