



PINEAPPLE AGUA FRESCA

PREP TIME: 5 minutes

COOK TIME: 0 minutes

SERVING SIZE: 1 cup

SERVES: 10

INGREDIENTS

- 5 cups fresh pineapple
- 5 cups water
- 2 tbsp lime juice from 1 large lime
- 2 tbsp honey (optional)

PREPARATION

1. Add pineapple to a high-speed blender and blend until smooth.
2. Using a fine mesh strainer strain out the pulp.
3. Transfer the pineapple juice to a large pitcher. Add water, lime juice and sweetener to combine.
4. Serve chilled

SOURCE

<https://casualfoodist.com/pineapple-agua-fresca-agua-de-pina/>
Recipe modified by CHOICES Nutrition Education Program



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.



Nutrition Facts

10 servings per container
Serving size 1 cup (208g)

Amount per serving

Calories 50

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Total Sugars 12g

Includes 3g Added Sugars 6%

Protein 0g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 0mg 0%

Potassium 96mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Agua Fresca de Piña

TIEMPO DE PREPARACION: 5 minutos

TIEMPO PARA COCINAR: 0 minutos

TAMANO DE PORCION: 1 taza

PORCIONES: 10

INGREDIENTES

- 5 tazas de piña
- 5 tazas de agua
- 2 cucharadas de jugo de 1 limón grande
- 2 cucharadas de miel (opcional)

PREPARACIÓN

1. Agregue la piña a una licuadora de alta velocidad y licúe hasta obtener una mezcla suave.
2. Con un colador fino, cuele la pulpa.
3. Transfiere el jugo de piña a una jarra grande. Agregue agua, jugo de limón y endulzante para mezclar.
4. Sírvalo frío.

FUENTE

<https://casualfoodist.com/pineapple-agua-fresca-agua-de-pina/>
Receta modificada por CHOICES Programa Educativo de Nutrición



Esta institución ofrece igualdad de oportunidades. Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés).

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