



Give this great recipe a try! Strawberry – Apple Aqua Fresca

Strawberries are usually at their best and most affordable when local and fresh. Nutritionally they are an excellent source of vitamin C and a good source of dietary fiber. If you're buying plastic tubs of strawberries always check the bottom of the package for spoiled berries or undue moisture lining the container. Wash thoroughly just before use.

Ingredients:

- 4 cups Apple Juice
- 2 cups strawberries, washed & cored
- 2 teaspoons lemon or lime juice
- Lime or lemon wedges for garnish

Preparation:

1. In a blender combine apple juice and fruit. Puree until smooth.
2. Pour mixture through a sieve into a pitcher or serving container.
3. Stir in lemon or lime juice.

Makes 5 cups, 1 cup per serving

