



Peach Raspberry Agua Fresca

2 servings

5 minutes

Ingredients

2 Peach (peeled and quartered)
1 cup Raspberries
2 tbsps Maple Syrup (optional)
2 cups Water
6 Ice Cubes (optional)

Nutrition

Amount per serving	
Calories	142
Fat	1g
Saturated	0g
Trans	0g
Carbs	35g
Fiber	6g
Sugar	27g
Protein	2g

Directions

- 1 Combine all ingredients except ice in a blender. Blend well until smooth.
- 2 Refrigerate until ready to serve. Divide into glasses with ice and enjoy!

Notes

Less Pulp, Strain your agua fresca after blending.

Extra Garnish, Add raspberries and sliced peaches to each glass.

Make it Fizzy, Use sparkling water instead of flat.

Add a Kick, Add a few pieces of sliced jalapeno to each glass.

No Maple Syrup, Use honey instead.

Weight Loss is Peachy!, Peaches contain flavonoids like catechins that help in increasing metabolism. That means increased calorie burn and weight loss.