

Strawberry Aquas Fresca



Servings: 1

1 cup fresh strawberries

1 cup water

1 lime, juiced

1 teaspoon honey

To a blender add fresh strawberries, water, lime juice, and honey. Blend until smooth.

Pour into a glass.

Serve

Per Serving (excluding unknown items): 117 Calories; 1g Fat (5.4% calories from fat); 2g Protein; 31g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 13mg Sodium; 18g Total Sugars; 0mcg Vitamin D; 67mg Calcium; 1mg Iron; 434mg Potassium; 69mg Phosphorus. Exchanges: .