

Agua Fresca de Pepino (Fresh Cucumber Water)

May 17th, 2025

This recipe serves: 6

Prep Time: 00:15

Cook Time: 00:00

Agua Fresca de Pepino is a traditional Mexican drink that is easy to prepare and is the perfect cooling drink for a hot day. With only a handful of ingredients necessary, this drink can be ready to pour in just a few minutes. For a more healthy drink, leave out the (optional) sugar. Instead of using 2 of the common "Garden Cucumbers", I prefer to use 5 or 6 of the smaller "Mini Seedless Cucumbers".

Ingredients:

2 Pounds (2) Garden Cucumbers or (5) Mini Seedless Cucumbers

6 Cups Water

6 Fresh Mint Leaves

1/4 Cup Fresh Lime Juice

1 Pinch of Salt

2/3 Cup Sugar (optional)

Directions:

Wash the Cucumbers to remove any pesticide or wax residue from the skins.

Use a knife to remove the stem and the part where the flower was connected.

Chop the Cucumbers into smaller pieces.

In a blender, add the Cucumbers and the Water.

Run the blender on high several minutes until the contents are blended smooth.

Pour the Cucumber Water through a strainer, filtering out the bulk of the pulp.

Pour the Cucumber Water back in the blender. Add the Mint Leaves, Lime Juice, Salt, and (optionally) the Sugar.

Run the blender on high for several more minutes until the contents are smooth again.

Serve over ice.