**What did we eat?**

Cantaloupe Agua Fresca

4 cups diced cantaloupe (about 3 lbs whole fruit)

3 cups cold water

2 teaspoons fresh lime or lemon juice

2 teaspoons sugar, or to taste

Directions: Blend the cantaloupe and 1 ½ cups of the water in a blender until smooth, about 20 seconds. Run through a fine mesh strainer or cheesecloth, using a spoon to push the solids. You should have about 2 cups liquid. Add remaining water. Add sugar to taste. Chill and serve over ice.

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