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AQUA DE MELON DRINK

(Courtesy of the National Honey Board)

INGREDIENTS:

1 quart water

1/2 cantaloupe, seeds and rind removed, diced (about 1-1/2 to 2 cups diced melon)

1/4 cup Dutch Gold Clover honey

DIRECTIONS:

Put the diced melon in the blender with enough of the water to cover. Blend just long enough to make a coarse pulp. Transfer to a pitcher and add the rest of the water and Dutch Gold Clover honey. Stir to dissolve honey. The resulting agua will contain small bits of fruit pulp. You can strain if you insist, but you will be losing nutrients, fiber, and some of the character of the drink.