

Agua de Mango con Limón y Miel ~ Mango Water with Lime and Honey



Agua de Mango (Makes about 2 cups)

1 mango* or 1 cup of frozen mango (I like [this](#) or [this](#) for frozen varieties.)

1-1.5 cups water

1.5 TBSP honey*

Zest of one lime

2 limes

→Remove the mango from the seed and cut it into chunks. If you are unsure of how to cut a mango, you can watch [this video](#).

→Place the mango chunks, 1 cup of water, honey, and lime zest in the blender. Using a lime squeezer, squeeze the juice of the two limes into the blender as well.

→Blend on high speed for 1-2 minutes or until the honey is completely incorporated. If the drink is too thick, you can add more water. The consistency should not be thick like a milkshake. Rather, it should be thinner like milk.

→Serve over ice and garnish with a lime and lime zest.

NOTES:

- There are two types of mangoes commonly sold at grocery stores in the U.S. Their Spanish names are *mango de paraíso* and *mango de manila*, but in English they can be listed under the names [Hayden](#) and [Manila/Champagne/Ataulfo](#). Hayden mangoes are larger, have a greenish red color and are stringier in texture. Manila mangoes are smaller, golden yellow, and have a buttery texture. I am a fan of the Manila mango for its smoother texture, but you may want to use two in this recipe depending on the size. You be the judge. The measurements above are approximations and this recipe can be adjusted to meet your tastes.
- Opt for raw honey when you can. I am lucky because we own a beehive, and I have access to a fantastic source of raw honey. However, after eating locally raised raw honey, I never want to go back to the store-bought stuff. There is a huge flavor difference, not to mention raw honey has so many more benefits.

