



Zesty Fresco de Lime

By Dylan Sabuco

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

soak: to immerse a hard food for a certain amount of time in a liquid to soften it.

Equipment

- ☐ Pitcher
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Cutting board + kid-safe knife
- ☐ Citrus juicer (optional)
- ☐ Dry measuring cups

Ingredients

Zesty Fresco de Lime

- ☐ 3 limes
- ☐ 3 T chia seeds
- ☐ 4 C water
- ☐ 1/2 C granulated sugar

Food Allergen Substitutions

Zesty Fresco de Lime

Instructions

Zesty Fresco de Lime

measure + soak

In a pitcher, measure and combine **3 tablespoons chia seeds** and **4 cups of water**. Let the chia seeds soak for 10 minutes. The seeds will start to puff and float.

juice + measure

Cut **3 limes** in half and squeeze all the juice into the pitcher. Then, add **1/2 cup of sugar** and stir the drink until all the sugar is dissolved.

taste + pour + cheers

Take a sip of the drink to decide if it needs any more sugar or lime juice. Pour this refreshing Salvadoran drink into all of your cups and say a big "Salud!" Enjoy!