



Agua de Alfalfa

INGREDIENTS

- 3 cups water
- 1/4 cup agave nectar
- 1 tablespoon stevia (I only use pure stevia, which is actually hard to find-- most of the brands mix stevia with various alcohol sugars to make it even sweeter than it is, so read the package)
- 1 package alfalfa sprouts
- juice of 6 limes

PROCEDURE

1. Pour the water into a blender, and add the agave and stevia.
2. Then add all the other ingredients. Blend on high until foamy and all the sprouts have been pureed.
3. Chill before serving, or serve over ice.