



Candy Leftovers
▶ FOOD & NUTRITION, E1

WINSTON-SALEM JOURNAL



Going to Orlando
▶ SPORTS

rw.journalnow.com

WEDNESDAY, NOVEMBER 26, 2003

★ 50 ce

New Products

Canita drinks are tasty and refreshing

By Michael Hastings
JOURNAL FOOD EDITOR

Product: Canita Aguas Frescas.

What you get: A 20-ounce bottle.

Cost: \$1.50-\$1.80 approximate retail price.

Review: People who have visited the annual Hispanic Fiesta or some of the authentic Mexican restaurants in Winston-Salem may have tasted the wonderfully refreshing *aguas frescas*, the noncarbonated drinks made with fruit pulp, herbs, spices and sugar. Now, Eat Inc., a company in Chapel Hill, has bottled two of the most popular flavors and begun distributing them throughout North Carolina.

Canita Aguas Frescas come in two flavors, Agua de



PHOTO COURTESY OF CANITA

Tamarindo and Agua de Jamaica, and are available in Hispanic shops and at Whole Foods Market in Winston-Salem. These drinks are 100 natural and contain no preservatives.

Agua de Tamarindo looks a bit like cloudy apple cider, but it's made from the pulp of tamarind, a fruit with a sweet-sour flavor. Canita's tamarind drink has a mildly sweet taste reminiscent of orange and spices.

Agua de Jamaica has nothing to do with the Caribbean Island, but with hibiscus, or *jamaica* in Spanish. This is basically a tea brewed with hibiscus petals. With a color resembling grape juice, this has a satisfying, slightly tart flavor.

Perhaps thanks to a lack of preservatives and artificial ingredients, both Canita drinks are comparable to some of the homemade versions. These are perfect for a hot summer's day or a hot, spicy meal.