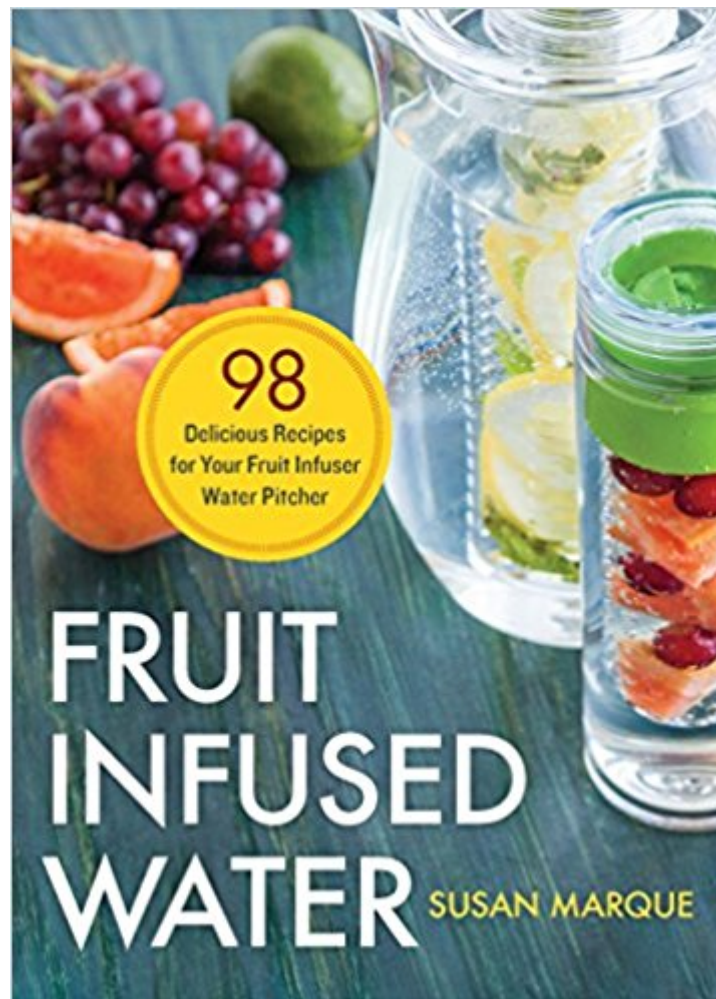


The book was found

Fruit Infused Water: 98 Delicious Recipes For Your Fruit Infuser Water Pitcher



Synopsis

Food coach Susan Marque shares simple, fun-to-sip recipes to quench your thirst and keep you healthy. Curious about incorporating fruit infused water into your daily routine? Looking to swap sugary drinks for the hydrating health benefits of water infusions? Fruit Infused Water is the perfect place to start. Packed with mouth-watering recipes and easy-to-follow instructions, Fruit Infused Water preps you for including fruit infused water in your diet—whether you own a fruit infuser water pitcher or a simple glass jar. Build from the basics then advance to endless mix-and-match flavors and inventive fruit infused water recipes. Squeeze the most out of every drop, with: 98 flavorful fruit infused water recipes, like Basil Mint Infusion 10 must-have tips for making foolproof fruit infused water On-the-go guidelines for bringing your fruit infused water wherever your day takes you 10 tasty snack ideas for your leftover fruit (fruit sushi rolls, anyone?) From one-step infusions to creative combinations, there's something for everyone in Fruit Infused Water, your best resource for enjoying your H2O to the fullest.

Book Information

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Customer Reviews

So I never had a fruit infused water pitcher before now, but I did have a fruit infused water bottle. The most creative way I always have been using it, is to occasionally throw some lemons or strawberries in the middle for strawberry, or lemon water. So when I got this book with all these recipes and different things to infuse into my water, I couldn't believe how many there were. It was like a new world of water to me haha. When I opened the book, it begins with the contents (No

shocker there). But then it started on the beauty of water where it explained about things such as to stay hydrated and how you are not drinking enough water if you are feeling like.. things like that. Which caught my attention because I realize I have not been drinking enough water at all, which would explain some things. Then it gave me list of a bunch of different fruits and things that I could add to my water in alphabetical order. Each thing it listed, gave a description of what that food item would help with. For example, Lemons: "Supports the liver and aids digestion. Lemons have an antiseptic and antimicrobial properties, as well as a cooling effect." I for one, did not know that lemons helped with that, but then again I'm pretty clueless on this like I said in the beginning. But you get the idea. Next chapter, was all about how to use your water infused pitcher and a list of a successful water infusion. If you thought all you did was throw some water in with a couple of strawberries, (At least that's what I thought at first..) OH-HO-HO my friend! You are so wrong. After that, it's all delicious water infusing recipes from there.

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