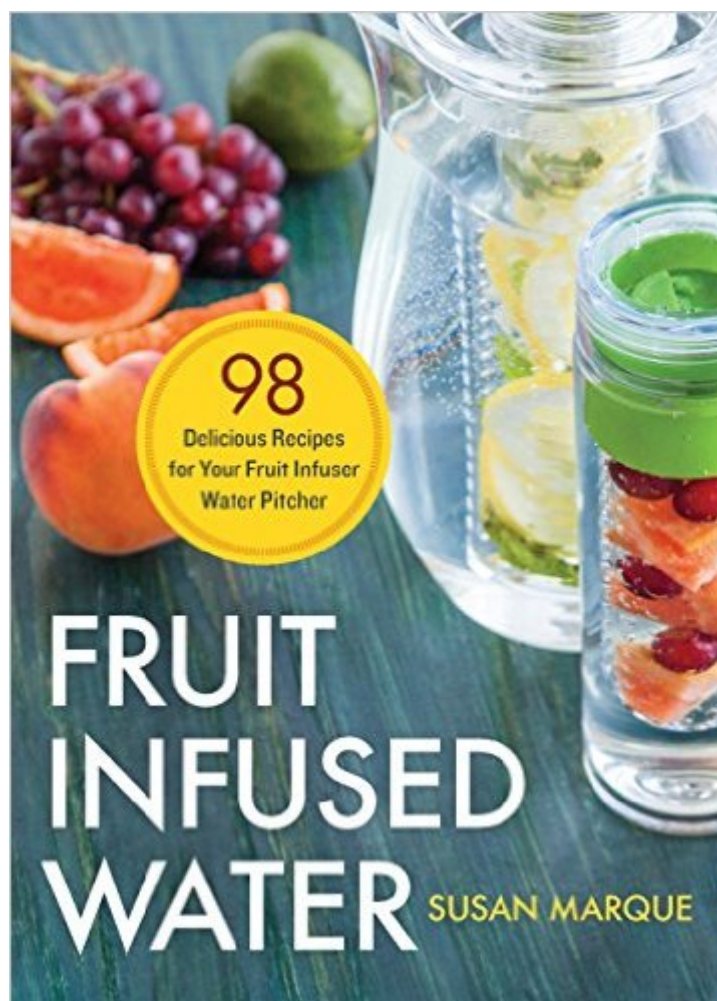


The book was found

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

Paperback: 216 pages

Publisher: Rockridge Press (August 9, 2015)

Language: English

ISBN-10: 1623154693

ISBN-13: 978-1623154691

Product Dimensions: 5 x 0.6 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (193 customer reviews)

Best Sellers Rank: #16,899 in Books (See Top 100 in Books) #4 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #7 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #19 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

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.

[Download to continue reading...](#)

Fruit Infused Water: 98 Delicious Recipes for Your Fruit Infuser Water Pitcher Making Artisan Gelato: 45 Recipes and Techniques for Crafting Flavor-Infused Gelato and Sorbet at Home They Called Her Molly Pitcher Ya Gotta Believe!: My Roller-Coaster Life as a Screwball Pitcher, and Part-Time Father, and My Hope-Filled Fight Against Brain Cancer The Tall Mexican: The Life of Hank Aguirre All-Star Pitcher, Businessman, Humanitarian Delicious Holiday Treats: A Collection of Healthy Holiday Recipes (Dessert Recipes, Holiday, Seasonal, Desserts, Thanksgiving Recipes, Christmas Recipes) (Volume 1) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) The Ultimate Dehydrator Cookbook: The Complete Guide to Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water Meals Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Water Is Water: A Book About the Water Cycle Delicious Baking for Diabetics: 70 Easy Recipes and Valuable Tips for Healthy and Delicious Breads and Desserts Greek Cuisine Cookbook: 50 Easy and Delicious Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick & Easy) Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) The Pie Cookbook: Delicious Fruit, Special, & Savory Treats Total Juicing: Over 125 Healthful and Delicious Ways to Use Fresh Fruit and Vegetable Juices and Pulp Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With These Amazing,

Delicious, Quick and Easy Recipes The Candida Cure Cookbook: Delicious Recipes to Reset Your Health and Restore Your Vitality SPOOKtacular Gluten-Free Halloween Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle your guests at your scary party Pie Recipes: 50 Delicious Pie Recipes Chicken Recipes: Delicious and Easy Chicken Recipes (Quick and Easy Cooking Series)

[Dmca](#)