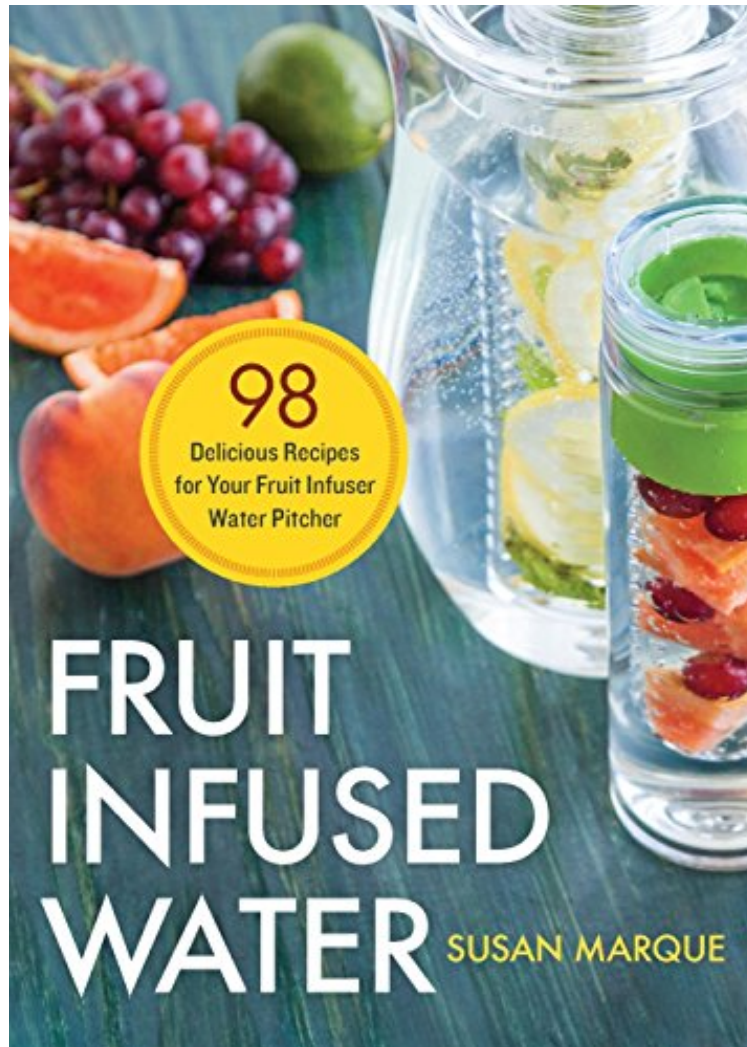


Fruit Infused Water: 98 Delicious Recipes for Your Fruit Infuser Water Pitcher

Susan Marque

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Susan Marque : Fruit Infused Water: 98 Delicious Recipes for Your Fruit Infuser Water Pitcher before purchasing it in order to gage whether or not it would be worth my time, and all praised Fruit Infused Water: 98 Delicious Recipes for Your Fruit Infuser Water Pitcher:

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0 people found the following review helpful. ... wanting to find new ways to make water taste good and this book is so spot on
By Jennifer Adamson I've been wanting to find new ways to make water taste good and this book is so spot on! I love the tips for successful fruit infusion, they are so true about the limit to 3. I tried adding 5 different fruits for one to use some up before they went bad, biggest mistake ever, I think I wasted more fruit doing that than if I just kept the fruit for another day and another drink. Since I wasn't sure where to start the 1st one I did was the pineapple water, definitely better if it's fresh pineapple and not canned, mixing it with mint is super amazing but it's ever better with peach, that's my now go to drink for work. I received this book free for exchange of an honest review.

Stay healthy and hydrated when you quench your thirst with fruit infused water. 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 Recipes for refreshing and flavorful fruit infused drinks 10 Must-Have Tips for making foolproof fruit infused water 10 Tasty Snack Ideas for using your leftover fruit (fruit sushi rolls, anyone?) An Overview explaining the health benefits of various fruit combinations Fruit infused water recipes include: Kiwi Water, Tropical Mango Orange Infusion, Lavender Lemon Infusion, Cherry Vanilla Water, Pineapple Strawberry Grape Infusion, Peppermint Peach Infusion, Cranapple Berry Infusion, and much more! 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.

About the Author After using food to cure herself of a lifelong illness, Susan Marque became a food coach in Los Angeles. She received her M.F.A. in creative writing from The New School, in New York, where she writes for magazines and television. Visit her at susanmarque.blogspot.com to learn more.