



Delicious Detox Drinks: 101 Infused Water Recipes (Paperback)

By Hailey Murray

Baldwin and Black, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a way to add more water to your diet? Would you like to quit sugar-filled sodas, juice, vitamin drinks and sports drinks or their additive-laden diet equivalents? Do you dislike the taste of plain water, or simply find it boring? If you want water that tastes great, boosts your energy and vitality and comes with a host of other benefits, this book is for you. Infused waters are made with fresh fruits and herbs, drawing out the taste and health benefits of each ingredient to create delicious alternatives to commercially-made drinks. Each of the 101 recipes in this book can be made in less than five minutes with only a knife and cutting board - no fancy equipment required. The 101 recipes are made from 40 different fruits and herbs, with the health benefits of each explained in detail. Want clearer skin, lower cholesterol, or an easier time during allergy season? There s an infused water for that! Delight your tastebuds, revitalize your body and impress your friends with these nutrient-packed infused...



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