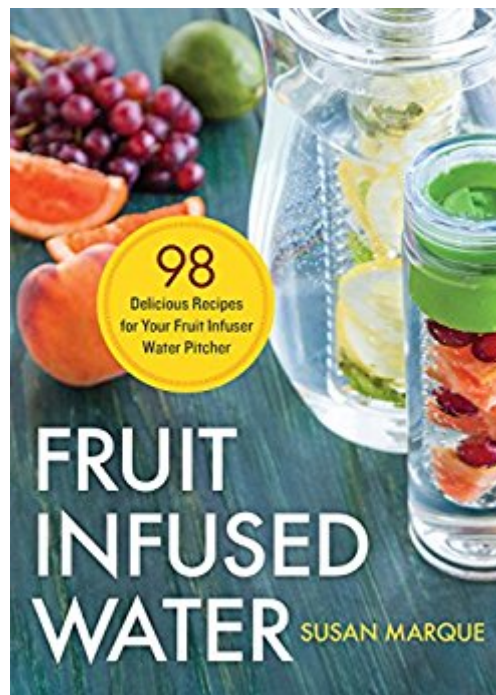




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Fruit Infused Water: 98 Delicious Recipes For Your Fruit Infuser Water Pitcher



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

File Size: 2408 KB

Print Length: 216 pages

Simultaneous Device Usage: Unlimited

Publisher: Rockridge Press (August 9, 2015)

Publication Date: August 9, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B013OIE14A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #13,295 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Non-Alcoholic #50 in Kindle Books > Cookbooks, Food & Wine > Beverages & Wine #1818 in Kindle Store > Kindle eBooks > Nonfiction

Customer Reviews

Talks more about pitchers (not infused kind) I was looking for a recipe book for an infusion only pitcher or water bottle that has a smaller chamber to add the ingredients.

Love that I got this book!! Just got a fruit infuser and although I have experimented a little I love that I now have actual recipes. I want my family to start drinking healthier and the kids have helped pick what flavor we will do next. This book also tells you the fruits that are in season which is a big help. This book begins with the art of infusing and what to do then goes into the recipes. And there are recipes for all of the following topics; one step infusions, refreshing infusions, cleansing infusions, antioxidant infusions, vitamin rich infusions, energizing infusions, herbal infusions, inventive infusions, sparkling infusions, wild infusions, and fruity snacks. I would highly recommend this book to anyone interested in different fruit infusions.*I received this book in return for my honest opinion

I just got two infusers, and this book really came in handy. It is small and easy to understand. There are more recipes in it than anything else, I think maybe ten pages are devoted to infusion and the rest is all recipes. The recipes are all broken down into categories, and the index will help you find what you are looking for. I do wish they had more fruits in the single section. I wanted specifically a raspberry recipe and wasn't sure how much to get. I just ended up using the blackberry recipes to guess quantities.

Over the past few months, I've really gotten into fruit infusion, and I've been putting all kinds of fruits into my water and trying them out to see just how good it tastes! Little did I know, there are books like this one out there that do that job for you! This book is full of a whole bunch of super delicious recipes you can make with your fruit infuser.-This recipe book is primarily for fruit infusion pitchers. If you have a water bottle or something similar like that, I'm sure you could still use this, but the proportions will be slightly off.-This book saves you SO much time and money! Instead of just kind of guess and checking with flavor combinations, this gives you a whole list of different combinations that actually WORK, so that way you don't have to just trash the ones that don't.-Believe it or not, there are different infusions for different things. I've tried one from all the categories (energizing, vitamin rich, etc), and they've all been delicious and worked wonderfully. I love being able to get vitamins just from my water. To be perfectly honest, most of my household has given up sugary drinks like juice and soda because we now have this pitcher! The infusions taste absolutely delicious and are completely satisfying! I received this product in exchange for my honest review.

I like the book and have found some interesting ideas for flavoring my water

Not much to say other than it works and is convenient. Makes me drink more water which is good.

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.

At first, I didn't think this book would be necessary. You stick some fruit in an infuser. How hard is it? However, going through this book was really helpful to know which types of fruits and herbs infuse well, pair well, and their health benefits too. As you can guess, the actual recipes~ are basically the same, with just the ingredients changing. Regardless, I really enjoyed the notes and tips included at the bottom of select recipes, as well as the intro which addressed things like the benefits of water, fresh vs frozen fruit, organic vs non-organic. I wouldn't call this book life changing by any means, but it was definitely helpful after getting my infuser pitcher.

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