



Fruit Infused Water: 67 Amazing Fruit Infused Water Recipes To Boost Your Metabolism, Lose Weight, And Feel Great! (Vitamin Water, Weight Loss, Detox Cleanse)

Sarah Collins

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Using fruit infused water to help you lose weight is a great start in getting healthy. Fruit infused water not only keeps you hydrated but also gives essential vitamins and minerals that boost immune response and the metabolism.

This boost is just what your body needs to start burning those extra calories and excess fat cells. Throughout this book there will be several recipes broken down by category of what's in them. The first chapter will look at basic recipes and how to prepare them.

From there we'll explore how to add herbs, spices, edible flowers, and all types of goodies that will help you slim down and feel great. Listed below is the chapters that will be discussed. Always feel free to add your own ingredients and mix and match to get that perfect drink.

Infusing fruit with water helps with hydration and avoid those sugary drinks that can counter your weight loss, so trying different recipes until you find a few perfect dinks will ensure that you stay on a healthy path.


Here is a preview of what you'll learn:

- Chapter One: Top Ten Basic Recipes
- Chapter Two: Add Some Herbs
- Chapter Three: Spice Up Your Drink
- Chapter Four: There Will Always Be Fruit

Included in these chapters is information about how each ingredient can help boost your body in a healthy way. The recipes are so simple to make and put together that you'll be making your new fruit infused water

in no time at all.

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Jay Klein:

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