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Stay hydrated with these 8 Infused Water recipes! Inspired by The Flavor Bible, these fruit and herb combinations will encourage you to drink more water.. Unless you woke up thirsty at 2:00 a.m. after a night of binging on Chinese takeout, you are probably not excited about drinking water.

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Traditional Cooking School is an online cooking school Wardee created to honor her grandmother's cooking traditions and preserve them so that future generations can enjoy the health benefits, flavors and fun of traditionally prepared foods.

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Carrot Ginger Turmeric Smoothie Minimalist Baker Recipe

One of the things I love most about summer mornings is a good, heart pounding workout followed by a seriously nutrient-packed smoothie. Yum. I've been reaching for green things lately, but was in the mood for a switch-up. This recipe did just the trick.

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It may seem difficult to figure out how to create a meal out of your new food list so I've put together a nice mix of recipes for you to try. I'm always adding more so make sure to opt into my email newsletter so you can get the latest creations to better health.

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