



Vitamin Water Recipes: Quick Easy Homemade Vitamin Drinks Made from Fruits Vegetables (Paperback)

By Ginger Langley

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy lifestyles require keeping your body hydrated with water. But did you know that instead of buying flavored bottled water with unknown chemicals and ingredients, you can infuse fruits, herbs, and vegetables into water and make your own vitamin water at home? Included with each natural vitamin water recipe in this book are the health benefits and alternative health implications for each and every fruit, vegetable, and herb that is used in the recipe. Each of these recipes can be made in five minutes or less. After adding all the ingredients to the jar, put the lid on, and place the jar in the refrigerator. By the next morning, you ll be ready to take your vitamin water with you, or you can strain it and drink it immediately. If like to experience life on the economic side, you can use the strained fruits and veggies in a smoothie, rather than tossing them out. Most homemade vitamin water mixtures will keep in your refrigerator for two to three days. Recommended US jar size is two...



READ ONLINE
[1.43 MB]

Reviews

It in a single of my favorite publication. I have read and so i am sure that i will likely to study again once again down the road. I am delighted to let you know that this is basically the greatest publication we have read inside my own life and might be he best pdf for possibly.

-- **Maria Morar**

The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Mrs. Josiane Collins**