

# Cool Waters: 50 Refreshing, Healthy, Homemade Thirst Quenchers - Brian Preston-campbell

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Can water really be cool? Most definitely if its enhanced, infused, and revved up with these thirst-quenching recipes that turn ordinary water into extraordinary, healthful, tasty beverages. Cool Waters shows you how to take water to the next level. Start with Quick Quenchers recipes like Honeydew-Mint Mist and Blueberry Twist that feature just a few ingredients and easy steps to get you going. Nutricious Nectars such as Liquid Iron and Eau de Carotte deliver the superior rehydration and other benefits of commercial sports drinks, without any added sweeteners or unpronounceable ingredients. In the Special Sippers chapter, you'll travel the waters of the world with such enticing concoctions as Key Lime and Vanilla Spritzer and Fruta Bomba. As if that weren't enough, there's also a chapter on making specially flavored ice cubes and a guide to creating your own personalized flavored waters. Lovely color photos throughout amply demonstrate that water doesn't have to be boring anymore. With Cool Waters, it's so easy and economical to create pure, one-of-a-kind waters free of caffeine, added sugar, excess calories, and artificial sweeteners, colors, and flavors. And these waters won't add more plastic bottles to the nation's landfills. They're perfect for athletes and other active people, families on the go, hosts and hostesses looking for special nonalcoholic party drinks in short, anyone who's ever been, or will ever be, thirsty. So come on in, the water's fine! Fresh, Flavorful, Fabulous! Recipes include: Squirt of Citrus, Red Cherry Spritzer, Rose Water with Lemon, Pressed Watermelon with Basil Water, Pineapple and Lime Seltzer, Workout Fuel, Cucumberade, Orange and Tamarind Elixer, Antioxidant Power, Thai Red Plum Fizz, Tangerine-Ginger Cubes, Strawberry-Kiwi Cubes. Author: Preston-Campbell, Brian Publisher: Harvard Common Press Illustration: N Language: ENG Title: Cool Waters: 50 Refreshing, Healthy, Homemade Thirst Quenchers Pages: 00096 (Encrypted EPUB) On Sale: 2009-01-17 SKU-13/ISBN: 9781558323841 Category: Cooking : Beverages - Non-Alcoholic

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