

Plain water can be dull and boring. Its a fact. Thats why we as a nation spend so much money on bottled drinks, which we all know arent the healthiest option for us. So Ive been experimenting relentlessly in order to find the best recipes that are fun and easy to make with minimal time investment but with all the health benefits. In this original recipe book youll find recipes ranging from quick and easy to more intricate and acquired. Vitamin packed recipes for breakfast to dinner, for those warm summer afternoons to cold winter nights. All natural, healthy and delicious of course. Here are some recipes you can look forward to that Im sure youll absolutely love! Cinnamon and Apple, Fruity Punch, Apple-icious, Citrus Blast, Liquid Sunshine, Herbal Immunity. Once youre done with this book not only will you have one recipe for everyday of the month but youll have enough knowledge to come up with your very own recipes.

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