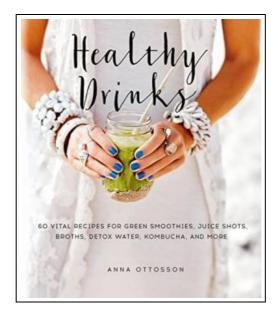
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Skyhorse Publishing, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. Dieting is no longer the smartest way of cleansing your body or losing weight. Instead of depriving yourself of certain foods, why not add in a quick boost of healthy drinks to the mix? Vitamin and infused waters, tonics, shots, juices, and other nutrient-packed drinks are a quick, delicious, and powerful pick-me-up that will enhance your vitality with just a swig (or two). Get high on fruits, vegetables, and other natural ingredients-a virgin Margarita or sugar-free lemonade is a great substitute for a glass of rose. A homemade slush takes just a minute to make and is the perfect thirst quencher for you and the rest of the family. Vitamin water is full of everything your body needs instead of the usual sugary drinks filled with artificial sweeteners. Why not even have a go at making your own kombucha, the elixir that has taken over the cooling cabinets in Los Angeles thanks to its salutary powers for the stomach; or boil your own broth, the drink that has replaced mugs of latte on the streets of New York? Learn to make a:Classic green avocado drinkRaw kombucha 50 Shades of Green tonic Chocolate smoothie with raspberry-chia toppingOxtail bone brothAnd more!Healthy Drinks treats you to sixty recipes of wholesome drinks that are bursting with nutrition, vitamins, and flavors from all over the globe-and that are also beautiful to look at!.

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