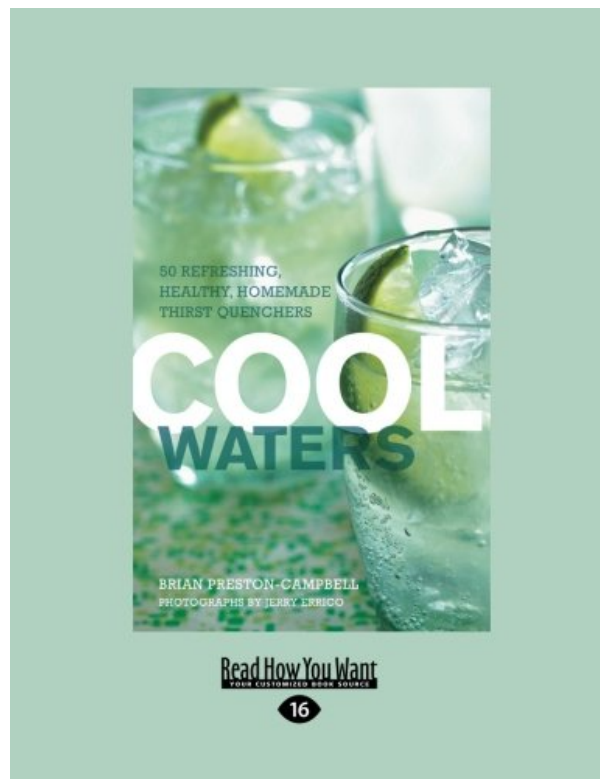
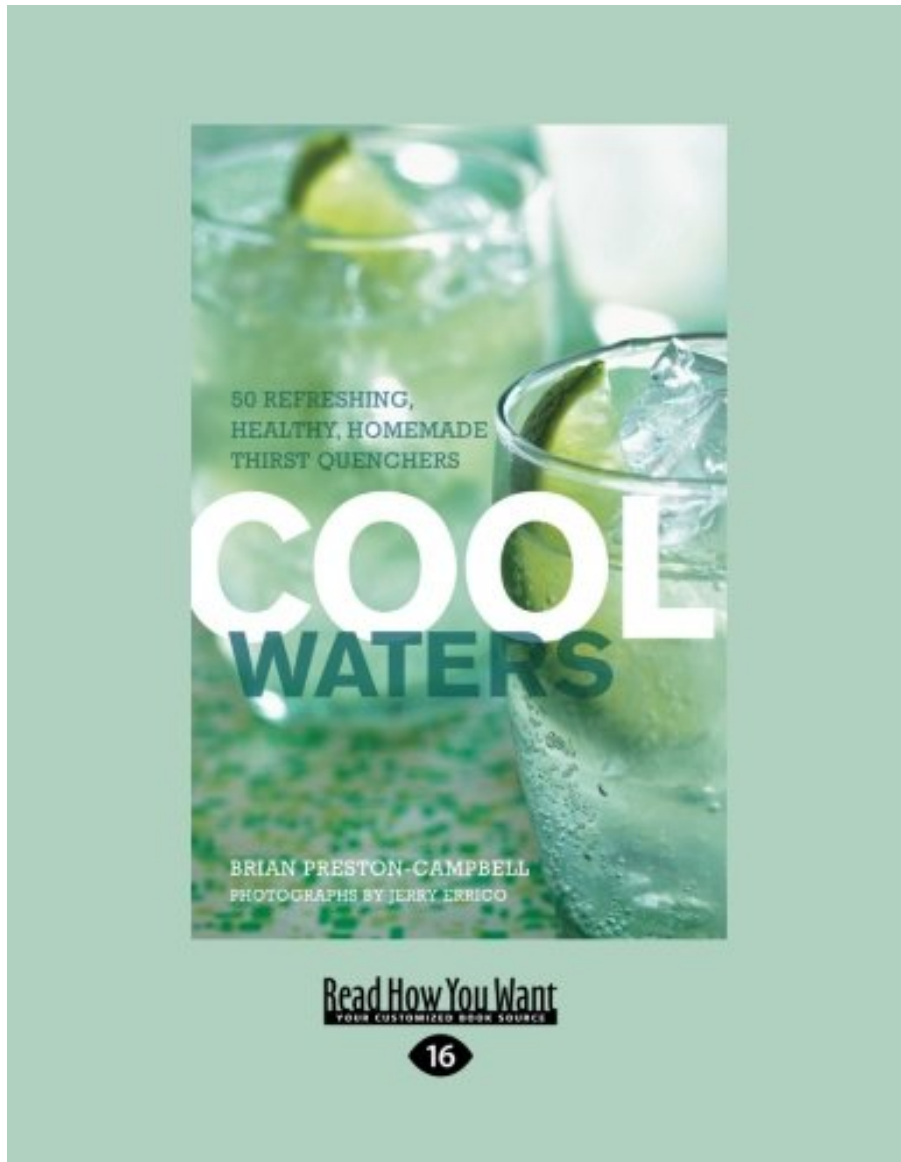


COOL WATERS: 50 REFRESHING, HEALTHY, HOMEMADE THIRST QUENCHERS BY BRIAN PRESTON- CAMPBELL



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Review

“Between us, we have run six marathons and countless half-marathons– so we especially welcome the refreshing recipes in *Cool Waters*. This small book is big on healthful ideas for adding flavor and pizzazz to your glass.” – Karen Page and Andrew Dornenburg, co-authors of *The Flavor Bible* and *What to Drink with What You Eat*

“Brian’s healthy, fresh approach to his thirst quenchers combines fruits, vegetables, and herbs to create unique flavor profiles designed to refresh. The recipes in *Cool Waters* satisfy my passion for both nutrition and food. Delight your taste buds with these delicious homemade beverages.” – Susan Mitchell, Ph.D., R.D., F.A.D.A., host of the nutrition and health podcast on WDBO.com and co-author of *Fat is Not Your Fate*

About the Author

Brian Preston-Campbell is a professional food stylist and former chef. A graduate of the Culinary Institute of America, he has brought his talent for food styling to national ad campaigns for such companies as Starbucks, Absolut, Nestle, Godiva, and Smucker's. His creative food styling has also appeared in magazines such as *O: The Oprah Magazine*, *The New York Times Magazine*, *Prevention*, and *Men's Health*. In addition, he was the food stylist for several books, including *The Sneaky Chef* and *Good Spirits*, winner of an IACP Cookbook Award for Food Photography and Styling. He lives in New York with his wife and two children.

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We all drink water, so it's no surprise that there are so many varieties on supermarket shelves. What is surprising, though, is that with additives like sugar and artificial flavors, many of these commercial drinks aren't as healthy as they seem. With Cool Waters, it's easy and economical to create one - of - a - kind infusions that are healthier and better - tasting than anything found in stores. Recipes include Pineapple and Lime Seltzer, Pomegranate Flair, Mint Mist, and even flavored ice cubes, and are displayed in beautiful full - color photos that are sure to make readers thirst for a glass of cool water.

- Sales Rank: #3003696 in Books
- Published on: 2012-12-28
- Released on: 2012-12-28
- Format: Large Print
- Original language: English
- Dimensions: 10.00" h x .36" w x 7.75" l,
- Binding: Paperback
- 156 pages

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Most helpful customer reviews

80 of 82 people found the following review helpful.

Great Ideas!

By Kate Schultz

This book is packed with great recipes you can use for drinking water-healthy and delicious. The photographs are beautiful and inspired me to try more recipes. There are so many interesting fruit and herb combinations which have unique and addictive tastes. I bought a nice glass pitcher to show off the drinks. My monthly artist group loved the Squeeze of Citrus. I bought the book for a sister's birthday present and she really likes it too. Highly recommend if you're bored with plain water and/or you want to make your water healthier. You will need a very good blender, a juicer for citrus, and a very fine large metal sieve.

48 of 49 people found the following review helpful.

Cool Book

By R. Bradspies

What a terrific book. No more need to buy expensive designer waters or sodas. The recipes in Cool Waters are so easy to follow and taste great. If you are trying to diet, they are all healthy and satisfying. I love Apio Rey, which is just as good as Dr. Brown's Cel Ray soda but without the calories and cost. Check it out.

145 of 163 people found the following review helpful.

Misleading Title

By C. Parton

Since Amazon recommended this book to purchase with a pitcher with built-in infuser, I expected this to be a book with flavor boosters for water. This is a book of juices diluted with water. Most of the ingredients are run through a blender and strained. Another thing to beware of is the exotic ingredients, you be the judge: rose water, lemongrass, blood oranges, fresh lychees, orange blossom water, fresh spearmint, ground ancho chile, fresh lavender leaves, fresh peppermint leaves, golden kiwis, coconut water, aloe vera leaf or juice, carambola, red Swiss chard, purple kale, fresh lemon balm leaves, goji berries, fresh lavender leaves, dried chamomile flowers, tamarind paste, dried hibiscus flowers, vanilla bean, juniper berries, star anise, Balinese long peppers, kaffir lime leaf, saffron threads, shiso leaves, fresh yuzu or bottled, Charentais melon, Thai basil leaves....seriously. Each recipe is written nicely and they do try to explain what these ingredients are. They also recommend foods to pair it with.

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