

Fruit Infusion

**A collection of day spa inspired
fruit infused drinks.**

Audrey Johns

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photographs by Allison Michele Harrod

THANK YOU to all my wonderful fans! Your love for my recipes — especially my spa waters — has inspired this book. I have written it for all of you in hopes that you will drink more water, move your body more and be patient and positive with yourself.

Remember, when it comes to food KEEP IT REAL!

XO,

Audrey

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This book is intended as a reference volume only, not as a medical manual. The information in this book is designed to help you make informed decisions about your personal health. This book is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical condition or problem, you are urged to seek medical help.

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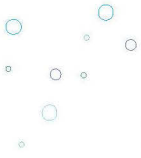




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What's So Great About Water?

So, why water? Why not sports drinks or zero calorie diet sodas and powders? Your body is made of water; you need to replenish it on a daily basis to keep your body functioning at its optimal level. When you sweat you lose water. What will you choose to replenish it with?

If you're replenishing your body with chemicals, it's just like getting a blood transfusion, but instead of blood, you get gasoline. Chemicals are a major player in the obesity epidemic, not to mention some scary diseases.

My weight loss program *Lose Weight By Eating* is based on giving your body what it needs, even if that means sugar instead of artificial sweeteners. Your body is from nature, you need to give it food from nature and, with that, water without added chemicals. Look for the rawest version of foods, like Sugar in the Raw, instead of white sugar. Look for fresh squeezed orange juice in lieu of a boxed drink.

One of the four daily goals of *Lose Weight By Eating* is to drink a gallon of water a day. This can be difficult for many people, especially for people who are used to drinking only sodas, juices and water spiked with chemical-filled sleeves.



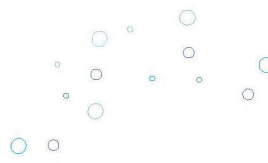


So, I started writing water recipes for them, using fruits, herbs and vegetables to slightly sweeten drinks. My goal was to help people addicted to chemically-sweetened drinks make that transition to water. It grew much bigger than I had ever envisioned.

After just a few months, the recipes had gone viral. More than 3 million people had tried — and loved — my drinks. I started writing recipes with ingredients that would not only hydrate in a very delicious way, but also add other health benefits. My Apple Cinnamon Water helps boost your metabolism, Watermelon Rosemary helps your body continue to burn fat after a workout, and Cucumber Lemon helps you hydrate and cleanse your body of hangovers and food binges.

So, for those of you who patiently waited for the book — and cherished the 13 recipes on my blog — I now give you 42 more to choose from. I write this for you, my fans and weight loss comrades. Keep drinking your water, eating real foods and moving your body more. You will see the weight melt off like the thousands that have come before you.

Now... go drink some water!







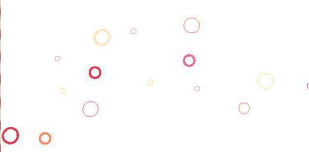


A Day at the Spa



The first time I ever tried a naturally flavored water was at a spa. It was cucumber lemon, and I have never forgotten how refreshing that first glass was. Now, many spas thank me for my spa water recipes. One spa manager even complained that the staff drinks the water too fast. That sounds like a success story to me!

So sit back and relax, draw a bath, or sit in the sun with a book, and enjoy these waters. They're meant to help you relax and find your center.





Cucumber Lemon

Have a few too many cocktails last night? Feeling a little bloated or uncomfortable in your clothes? Try this immunity boosting, anti-inflammatory drink that will fill you up, flush your system and make you feel better in no time. The cucumber acts as an anti-inflammatory and the lemons boost immunity.

Makes 2 Liters

½ lemon, thinly sliced

¼ cucumber, thinly sliced (about 4 inches)

2 cups of ice

Water

In a large pitcher, add the lemon and cucumber. Top with ice and water. Let the pitcher sit in the fridge for 1 hour before serving. Pour into a large wine glass, put up your feet and relax. When the water is down to 1/4 full in the pitcher, refill with water and place back in the fridge. You can do this several times. Store in the fridge up to 24 hours.

Cucumber Mint

Did you know that cucumber and mint both feature anti-inflammatory benefits? This recipe makes for a perfect spa water after your massage. Need a spa day at home? Take a long bath, put on some soothing music and sip on some refreshing Cucumber Mint water. Be sure to save a couple extra slices of cucumber to place over your eyes.

Makes 2 Liters

1/4 cup fresh mint leaves

1/4 cup cucumber, thinly sliced (about 4 inches)

2 cups ice

Water

In a large pitcher, add the mint. Use a muddler, or the back of a fork, to squish and bruise the mint slightly, releasing the oils. Add the cucumber and ice. Cover with water. Let the drink sit in the fridge for an hour or more before serving. Pour into a glass and enjoy.

When the water is down to 1/4 full in the pitcher, refill with water and place back in the fridge. You can do this several times. Keep in the fridge for up to 24 hours.

Mango Cucumber

I love using mango in my spa waters. It boasts such a sweet flavor and adds a lot of punch. As in all my drinks, you'll get just a hint of flavor. If you are looking for extra sweetness, add more mango. The cucumber will help as an anti-inflammatory, reducing bloat while cleansing your system.

Makes 2 Liters

1/3 cup diced mango

1/4 cucumber, thinly sliced (about 4 inches)

2 cups of ice

Water

In a large pitcher, add the mango chunks and cucumber slices. Top with ice and water and let sit in the fridge for an hour or more before serving. Pour into a glass and enjoy.

When the water is down to 1/4 full in the pitcher, refill with water and place back in the fridge. You can do this several times. Keep in the fridge for up to 24 hours.

Mint Lavender

Having tummy trouble? Mint and lavender will help cure an upset stomach as well as flush your system. No wonder many day spas use both in their aromatherapy massages, facials and scrubs. You can have your own spa day at home with this delicious tummy-calming, cancer-fighting water. After a day of drinking this water, your breath will be fresher, your tummy happier and your skin glowing. If you don't have a reusable tea bag, use a coffee filter. Take a string off a tea bag and tie it up. Easy, right?

Makes 1 spice bag

1 tablespoon lavender, dried or fresh

½ tablespoon mint, preferably fresh

Tea bag or coffee filter

Kitchen twine or unflavored dental floss

2 liter pitcher

2 cups ice

Water

Place lavender and mint in the tea bag or coffee filter, then tie up and place at the bottom of a large pitcher. Cover with 2 cups of ice and fill the rest up with water. Place in the fridge for an hour before serving.

You can keep re-using the bag of spices until you no longer taste them. I like to re-fill my pitcher of water when there is about 1/3 left. This way, the flavor is evenly distributed.



Cantaloupe Grapefruit

Did you know grapefruit is a great metabolism booster? Full of good vitamins, it's one of my favorite fruits for use in day spa drinks. Due of the tart flavor, I paired it with a super sweet melon that cuts the sour and adds tons of vitamins. This drink also features potassium, calcium and fiber.

Makes 2 liters

½ cup chopped cantaloupe

¼ cup chopped grapefruit

2 cups ice

Water

Add the cantaloupe and grapefruit to your pitcher. Top with ice and then water. Let the mixture sit in the fridge for an hour before serving.

Once the water is down to 1/4 full in the pitcher, refill with water. You can do this several times to keep the flavor. Store in the fridge for up to 24 hours.

