
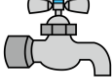
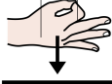




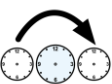


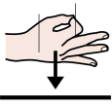







BEBER 	ÁGUA 	DA TORNEIRA 	DEVERÁ SER 	UM HÁBITO 	SUSTENTÁVEL 	DO NOSSO 
DIA A DIA 	DURANTE 	AS 4 4	ESTAÇÕES DO ANO. 			

A HIDRATAÇÃO 	É 	IMPORTANTE 	PARA 	O BEM-ESTAR. 
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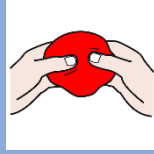
INGREDIENTES

3 3	CASCAS 	LARANJA 
3 3	COLHER 	ERVA DOCE 
3 3	ESTRELAS 	ANIS 

COMO



FAZER

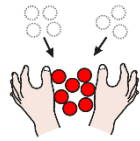


PRIMEIRO:

1



JUNTAR



INGREDIENTES



BULE.



SEGUNDO:

2



JUNTAR ÁGUA



QUENTE.



TERCEIRO:

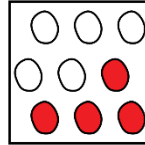
3



ESPERAR



ALGUM



TEMPO.



QUARTO:

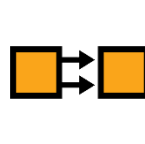
4



COAR



PARA



OUTRO BULE



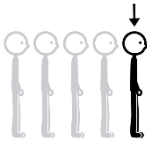
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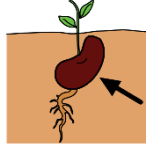
CURIOSIDADES



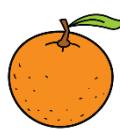
AS PRIMEIRAS



SEMENTES



DE LARANJA



CHEGARAM



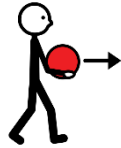
DOS ESTADOS
UNIDOS DA AMÉRICA.



EM 1943,

1943

TRAZIDAS POR



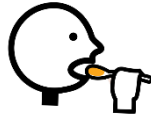
CRISTOVÃO
COLOMBO.



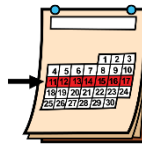
OS GLADIADORES
ROMANOS



CONSUMIAM



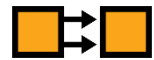
DIARIAMENTE



ERVA-DOCE



PARA



DAR



FORÇA.



OS VENCEDORES



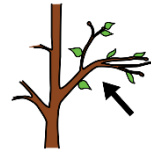
GANHAVAM



UMA COROA



DE RAMOS



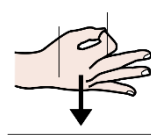
DE ERVA-DOCE.



A ESTRELA DE ANIS



É



ORIGINÁRIA



DA CHINA



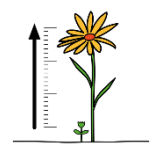
E VIETNAME.



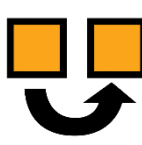
PODE



CRESCER



ATÉ



8 METROS.

