



RECEITA DO INSTITUTO NACIONAL PARA A REABILITAÇÃO, I.P. DO MINISTÉRIO DO  
TRABALHO, SOLIDARIEDADE E SEGURANÇA SOCIAL










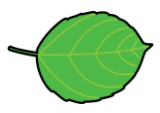

**BEBER** **ÁGUA** **DA TORNEIRA** **DEVERÁ SER** **UM HÁBITO** **SUSTENTÁVEL** **DO NOSSO**


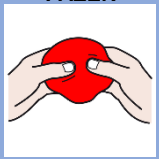

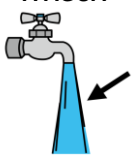
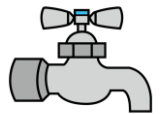
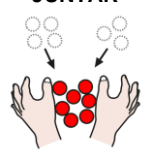



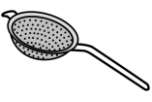
**DIA A DIA** **DURANTE** **AS 4** **ESTAÇÕES DO ANO.**

**A HIDRATAÇÃO** **É** **IMPORTANTE** **PARA** **O BEM-ESTAR.**

**INGREDIENTES:**

**1** **500** **ML** **DE ÁGUA** **DA TORNEIRA**

2 	2 <b>2</b>	COLHERES DE CHÁ 	DE CAVALINHA 
3 	2 <b>2</b>	CASCAS DE LARANJA 	DE LARANJA 
4 	3 <b>3</b>	FOLHAS DE HORTELÃ 	DE HORTELÃ 

COMO 	FAZER 					
AQUECER 	A ÁGUA 	DA TORNEIRA. 				
JUNTAR 	OS INGREDIENTES 	E <b>E</b>	FERVER 	2 <b>2</b>	MINUTOS. 	
COE 	E <b>E</b>	SIRVA. 