



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.
-------------------------	--------------	-----------------------	-----------------	-------------------------

INGREDIENTES

1 **DIÓSPIRO**

1
RAMOS DE TOMILHO

MIRTILOS

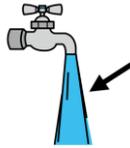
CUBOS DE GELO



FEITOS



DE ÁGUA



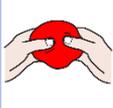
DA TORNEIRA



COMO



FAZER?



PRIMEIRO:



CORTAR



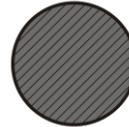
O DIÓSPIRO



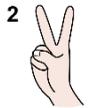
EM



RODELAS.



SEGUNDO:



FAZER



ESTRELAS



COM



UMA FORMA.



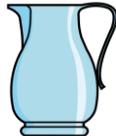
TERCEIRO:



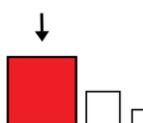
USAR



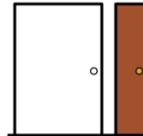
UMA JARRA



GRANDE



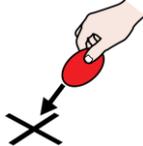
E ESTREITA.



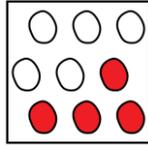
QUARTO:



COLOCAR



ALGUMAS



ESTRELAS



DE DIÓSPIROS,



OS CUBOS DE GELO



E



O TOMILHO.



QUINTO:



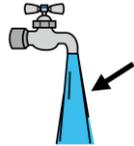
ENCHER



COM



ÁGUA



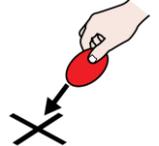
DA TORNEIRA



E



COLOCAR



OS MIRTILOS.

