



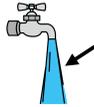
INGREDIENTES



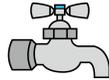
800 ML

800 ML

ÁGUA



DA TORNEIRA



4

4

LARANJAS



1

1

COLHER DE SOPA



DE FLORES DE HIBISCO SECAS



2

2

PAUS DE CANELA



50G

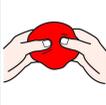
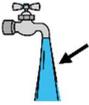
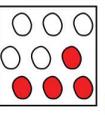
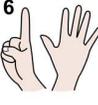
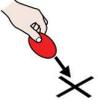
50 G

DE MEL



GELO



COMO	FAZER?					
						
<b>PRIMEIRO:</b> 1 	<b>FAZER</b> 	<b>UMA INFUSÃO</b> 	<b>DE HIBISCO</b> 	<b>E CANELA</b> 	<b>COM ÁGUA</b> 	<b>QUENTE</b> 
<b>SEGUNDO:</b> 2 	<b>ESPERAR</b> 	<b>ALGUNS</b> 	<b>MINUTOS.</b> 			
<b>TERCEIRO:</b> 3 	<b>COAR</b> 	<b>A INFUSÃO</b> 				
<b>QUARTO:</b> 4 	<b>ACRESCENTAR</b> 	<b>O MEL</b> 	<b>E MEXER.</b> 			
<b>QUINTO:</b> 5 	<b>ESPERAR</b> 	<b>A INFUSÃO</b> 	<b>ARREFECER.</b> 			
<b>SEXTO:</b> 6 	<b>COLOCAR</b> 	<b>A INFUSÃO</b> 	<b>NUM JARRO</b> 	<b>E LEVAR</b> 	<b>AO FRIGORIFICO.</b> 	
<b>SÉTIMO:</b> 7 	<b>QUANDO</b> 	<b>SERVIR,</b> 	<b>ACRESCENTAR</b> 	<b>O SUMO DE LARANA</b> 	<b>E O GELO</b> 	