## + cinnamon orange water +

## ingredients $\uparrow$

- Water (or sparkling)
- 1 orange (cut into wedges) or dried orange slices
- 1 sprig of rosemary
- 1 cinnamon stick


## how to make $\uparrow$

- Fill glass with water
- Squeeze orange into water (or place dried slices in water)
- In a small bowl or crush gently with a spoon rosemary
- Add rosemary to water
- Stir in cinnamon stick
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