

# Orange – Vanilla Water



**Plan Z Phase:** This is a Z2 (ZReduction) recipe. Flavored water provides a refreshing change to your water drinking routine. Just use your creativity – you can add whatever delicious flavorings you want to make it special. Today I was feeling like oranges and vanilla, so I decided to give this a whirl – and it's delicious!

If you miss soda but know in your heart that it's bad for you, try a recipe like this one.

## Ingredients:

- 60 ounces of water
- 1 sliced orange (don't even have to peel it)
- $\frac{1}{2}$  tsp of organic vanilla extract

## Instructions:

Pour the water into your pitcher. Add the sliced orange and the vanilla. Stir. Leave this in your refrigerator for at least an hour to infuse the flavors and then sip throughout the day.

A tasty treat.

Enjoy!

Cheers,