

# Cinnamon Pear Infused Water



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

When you're dieting, one of the things we recommend is that you increase your water consumption. It makes a huge difference. Dieters who drink 100-125 oz of water per day lose 30% more weight than those who drink less than 70 oz.

There's good science behind this, too. Studies show that when your body unlocks the stingy fat, that it needs a ready vehicle to flush it out of your system. That's where the water comes in. But for many, water is boring – so here's a great way to jazz it up. I discovered cinnamon water in Costa Rica. I came back to my room after dinner one night and there was a pitcher of water by my bedside. But instead of it being flavored with the usual lemon slices, it was flavored with cinnamon.

Cinnamon water has a flavor reminiscent of a snicker-doodle or an oatmeal cinnamon cookie. Try adding pear slices – it makes a wonderful summer treat.

**Servings:** Serves 1

**Ingredients:**

- water
- a cinnamon stick
- a pear, freshly sliced

### **Instructions:**

Cut about a 1" long piece of cinnamon stick. Then cut that piece again the long way.

Put the cinnamon pieces and pear into a pitcher and pour up to 30 oz of water over.

As the cinnamon steeps, it will pick up the flavor of the cinnamon and give you cinnamon water.

Hint: you'll get more flavor if you put the pitcher in the sun.

Beats iced tea for me! When you finish the 30 oz, just pour more ice and water over and the process will begin again.

You can even take the cinnamon out and let it dry for reuse.

Enjoy!

Cheers,