

ORANGES

GLEANERS



Storage and preparation tips: Oranges can be kept at room temperature for 1-2 days. Oranges can also be kept in the fridge for up to two weeks. Score around the skin of an orange carefully as not to cut into the flesh, then peel away the skin.

Nutrition benefits: Oranges are high in fiber, vitamin C and folate to benefit the immune system and promote gut health!



WAYS TO ENJOY ORANGES

1) Raw: Slice skin, then peel from the orange. Pull pieces apart and enjoy!

2) Broiled: Peel oranges, then cut into 1/4 inch thick slices. Arrange on sheet then sprinkle with 2 tablespoons of honey, 2 tablespoons of vanilla and 1 teaspoon of ground cinnamon. Broil on high for 10 minutes.

3) Diced: Peel oranges. Dice and add on top of salad or mix into fruit bowl.

4) Juiced: Add fresh squeezed orange juice to a smoothie for a boost of vitamin C!

5) Cooked: Peel oranges. Slice and add to a vegetable soup with ginger!

CINNAMON ORANGES



Ingredients:

- 2 oranges
- 2 tablespoons honey
- 2 teaspoons ground cinnamon
- Fresh mint leaves, torn, for garnish

Instructions:

1. Peel oranges and slice into 1/4-inch thick slices. Place on a serving platter.
2. Combine honey and cinnamon in a small bowl. Drizzle honey mixture over oranges and garnish with mint leaves.



Visit GleanersNutritionHub.org for more recipe ideas and cooking tips!

Serves 2. Nutrition per 1 cup serving: 139 calories, 1 g protein, 0 g fat, 37 g carbohydrates, 4.5 g fiber, 2.5 mg sodium

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