

# FOOD FACTS



## Cara Cara Orange

### NUTRITION

- A few of the many benefits of Cara Cara Oranges are that they are low calorie, fat-free, and full of vitamins and minerals. Give yourself a dose of vitamin A, vitamin C, fiber, potassium, protein, and antioxidants with every orange.

### DYK

- A Cara Cara Orange is the result of the cross-pollination of a Washington Navel Orange and a Brazilian Bahia Navel Orange.
- The main difference between a Cara Cara Orange and a Navel Orange is that the Cara Cara is an all-natural hybrid orange, along with the red-pink color inside resembling a grapefruit.
- Cara Cara Oranges, also known as 'Red Fleshed Navel Oranges', are young. They were discovered in 1976 in Venezuela, but they didn't make their way to US markets until the '80s and were only sold in select markets.

### PREPARATION & STORAGE

- In the grocery store look for fruit that is firm and heavy for its size, with bright, colorful skin.
- Cara Cara oranges are available between December and May each year.
- They are a delicious snack, squeezed into juice or made into a salsa



### CARA CARA ORANGE MUFFINS

#### Ingredients:

2 Cups Oat Flour

1 Cup Sugar

3/4 Teaspoon Salt

1 Teaspoon Baking Powder

1/2 Teaspoon Baking Soda

1 Cup Peeled, Diced Cara Cara Orange Flesh

1 Teaspoon Vanilla Extract

1/3 Cup Olive Oil

1/2 Cup Cara Cara Juice

1/2 Cup Fat Free Greek Yogurt

1 Egg

#### Instructions:

1. Preheat oven to 375 degrees F. and line a muffin tin with papers.
2. In one bowl, stir together the oat flour, sugar, salt, baking powder and baking soda.
3. In another bowl, whisk together the vanilla extract, olive oil, orange juice, yogurt, and egg.
4. Pour the liquid ingredients into the dry, and mix with a wooden spoon just until blended.
5. Stir in the diced orange flesh.
6. Divide the batter between the 12 muffin cups.
7. In a small bowl, rub the zest with the sugar.
8. Sprinkle the sugar mixture equally over the muffins, then bake for 15 to 17 minutes, or until a cake tester inserted into the center comes out clean.

