

FOOD FACTS

Oranges



NUTRITION

- One orange contains all the vitamin C your body needs for the day.
- Oranges contains antioxidants that keep us healthy and fight disease.

DYK

- Most oranges in the United States are grown in California and Florida.
- Christopher Columbus brought the first orange seeds and seedlings to the New World on his second voyage in 1493.
- Orange is the world's third favorite flavor after Chocolate and Vanilla.

PREPARATION & STORAGE

- In the grocery store look for fruit that is firm and heavy for its size, with bright, colorful skin.
- They are a delicious snack, squeezed into juice or made into a salsa.
- Look for bright color skin and avoid soft spots.

Healthy Orange Creamsicle

Ingredients:

2 cups of freshly-squeezed orange juice (from about 4 navel oranges)
3/4 cup of full-fat coconut milk from a can
1.5 teaspoons high-quality vanilla extract
6 tablespoons raw honey
pinch of sea salt

Instructions:

Combine all ingredients in a blender or whisk by hand in a large bowl.
Pour into popsicle molds. Freeze at least 8 hours. Will keep in the freezer up to 7 days. Enjoy on a hot summer day for a nostalgic treat.

