

# ORANGES



## PREPARATION



- Top and tail the orange and cut into slices for small children.
- Squeeze for fresh orange juice with breakfast.

## ADD FLAVOUR



- Peel and slice and arrange on a plate with cucumber slices, drizzle with vinaigrette.

## VEGE UP



- Peel and dice to add to salads, veges or fruit.
- Add to lunchboxes and picnic baskets.
- Pop in the Christmas stocking alongside the lollies for a healthy Christmas morning snack.
- Slice a couple of oranges and share around the table for a quick and easy dessert.

## STORAGE



- Store oranges at room temperature, the fruit bowl is ideal.