5 A Day Recipes

Snacks

Icy Oranges

Serves 4

- 4 medium, thin-skinned oranges

Cut each orange in 6 wedges. Peel each wedge halfway down one side: tuck peel under. Place on baking sheet; freeze 1 hour or until partially frozen.

Nutritional Analysis
Calories: 65
Fat: trace
Cholesterol: 0
Sodium: 0
Calories from Fat: 3%

This is an official 5 a Day recipe, and provides four people with one serving of fruit each.

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