

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Moroccan Cinnamon Oranges

Throughout Morocco, seasonal fresh fruits are more typical than cooked desserts. Choose a variety of the sweetest and most luscious oranges you can find, such as rosy-pink Cara Caras, deep crimson Blood Oranges, bright orange Navels or Honeybell tangelos.

Serves 2 or more depending upon the size of the oranges

Total time: 10 minutes

1 tablespoon local, light honey

½ teaspoon ground cinnamon

2 oranges, seedless if possible

1 tablespoon fresh orange juice

Additional ground cinnamon to taste

1. Combine the honey and cinnamon together in a small bowl.
2. Use a serrated knife to remove the peel and all the pith from the oranges. Squeeze the peel over a bowl to release the juice.
3. Stir one tablespoon of the orange juice into the honey and cinnamon mixture. Mix well.
4. Slice the oranges into approximately ¼ inch thick slices. Remove any seeds.
5. Plate the oranges individually or on a platter. Drizzle the cinnamon mixture over the oranges.
6. Lightly sprinkle the oranges with additional cinnamon to taste.

