



Choco Oranges

Ingredients:

- 1 orange of choice
- 1 cup dark chocolate

Instructions:

1. Peel the oranges and line them on top of a tray with parchment paper. If any of the oranges are wet pat dry them because the chocolate won't stick to the wet parts
2. Either in a heat safe bowl over a double boiler (medium-low heat) or by 30 second intervals in the microwave, melt the chocolate stirring frequently to prevent burning
3. Dip each orange slice into the chocolate and wiggle them to create a smoother line of chocolate. Gently shake off as much chocolate as you can or else you'll have too much chocolate on one orange piece
4. Once covered with chocolate place on the lined sheet and let cool at room temperature for 5 minutes then transfer to the fridge

Variations:

- Add toppings of your choice to each orange slice
- Try different oranges like navel or blood orange to change the taste

Nutrition Information: 5 orange slices: 190kcal, 22g carbs, 10g fat, 2g protein, 3g fiber, 0mg sodium

Prep Time: 10 minutes

Cooking Time: 5 minutes

Equipment:

- Parchment paper
- Tray
- Mixing bowl mixing spoon
- Measuring cup

Servings: 2

Serving Size: ½ orange



Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry