

# Oranges



## Health Benefits

Rich in vitamin C and potassium which play a role in skin health, heart health and blood pressure.



## Storage

At room temperature or in the refrigerator.

## Preparation

Rinse with water, peel and enjoy!

### Orange Spinach Salad

#### **Ingredients:**

Orange, spinach, onion and your favorite dressing

#### **Directions:**

1. Combine washed spinach, orange sections and chopped onion in a bowl.
2. Add your favorite dressing.
3. Enjoy!

\*Recipe adapted from Food.com