

Sparkling Oranges

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 8 large fresh oranges, peeled and segmented
- ½ cup sugar
- ½ cup orange marmelade
- 1 cup white grape juice
- ½ cup lemon-lime soda
- 3 tablespoons slivered almonds, toasted
- 3 tablespoons flaked coconut, toasted

Method

1. Place orange sections in a large bowl.
2. In a saucepan, combine sugar and marmelade; stir over medium heat until sugar is dissolved. Remove from heat; stir in grape juice and soda.
3. Pour sugar mixture over oranges and toss to coat. Cover and refrigerate overnight.
4. Using a slotted spoon, remove oranges to serving dish. Garnish with almonds and coconut, then serve.

Notes



Cook'nWithCaroline Tip: "Sparkling Oranges are good with some fresh, very ripe mango mixed in for variation."



Servings/Yield

8 servings

Categories

Fresh Starts

NUTRITION FACTS

Servings: 8

Amount Per Serving

Calories: 252

Total Fat: 5.02g

Cholesterol: --

Sodium: 11mg

Total Carbs: 51.92g

Dietary Fiber: 5.13g

Sugars: 42.59g

Protein: 2.31g