

Long Livo

Candied Orange Slices – Sweet & Zesty Treat

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 medium oranges, peeled and sliced into 1/4-inch rounds
- [ ] 1 cup granulated sugar
- [ ] 1/2 cup water
- [ ] 1 tbsp fresh lemon juice
- [ ] Pinch of salt

Optional Finish

- [ ] 1 tbsp honey
- [ ] Additional sugar for dusting

Instructions

1. Well, start by rinsing the orange slices, pat them dry, and set them aside on a plate.
2. In a saucepan, combine sugar, water, lemon juice, and a pinch of salt; heat over medium, stirring until sugar dissolves.
3. Bring the syrup to a gentle boil, then lower the heat and add the orange slices, turning them occasionally until they become translucent, about 8-10 minutes.
4. If using honey, stir it in during the last two minutes; then remove the pan from heat and let the slices cool in the syrup for 5 minutes.
5. Transfer the slices to a wire rack, let excess syrup drip off, and roll them lightly in additional sugar for a subtle sparkle.
6. Arrange the candied slices in a clean jar, seal, and let them rest overnight before serving.

Nutrition per serving

180 kcal	2 g	45 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra shine, brush the cooled slices with a thin layer of honey before the final sugar dusting.
- For a spicier note, add a tiny pinch of ground ginger to the syrup.
- Store in a dark glass jar to protect the color of the orange.