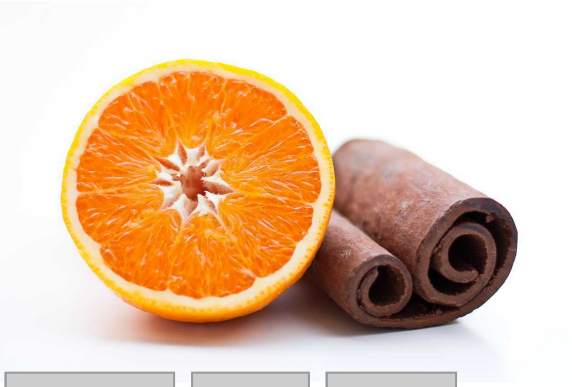
Spiced oranges

Preparation time
10 minutes

Cooking time
10 minutes

Serves
6

Recipe courtesy of
C Roberts, J McDonald and M Cox from Diabetes Eat and Enjoy.



Ingredients | Method | Nutrition

2 cups (500ml) red wine, such as claret or burgundy

1 cup (250ml) unsweetened orange juice

1/2 tsp ground cinnamon or 2 cinnamon sticks

6 oranges

artificial sweetener to taste

1. Place wine, orange juice and cinnamon in a saucepan and bring to the boil.
2. Boil hard for 2 minutes, then remove from heat, or microwave on high for 2-3 minutes.
3. Peel oranges, removing all pith, slice horizontally and arrange in a glass serving bowl.
4. Pour wine mixture over oranges.
5. Chill well and sweeten before serving.

Nutritional information is provided per serve

Engery	369kJ (88 calories)
Protein	3g
Saturated Fat	-
Total Fat	-
Carbohydrates	23g
Sugars	23g
Dietary Fibre	7g
Sodium	9mg