



Long Livo

Candied Orange Slices – Sweet & Zesty Treat

15 min

Prep time

4

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

American

Cuisine

Ingredients

Candied Oranges

- ☐ 4 large oranges, sliced 1/4-inch thick
- ☐ 1 cup granulated sugar
- ☐ 1/2 cup water
- ☐ 1 tbsp lemon juice
- ☐ 1 vanilla bean, split (optional)
- ☐ 1 tsp honey (optional)

Instructions

- 1 Trim the tops and bottoms of the oranges, slice into thin rounds, and gently remove any seeds.
- 2 Pat the slices dry with a paper towel to remove surface moisture.
- 3 In a saucepan, combine sugar, water, and lemon juice; bring to a gentle boil, stirring until sugar dissolves.
- 4 Add the orange slices (and vanilla bean if using) to the syrup, reduce heat to low, and simmer for 15-20 minutes until the orange becomes translucent and the syrup thickens.
- 5 If using honey, stir it in now, then remove the pan from heat.
- 6 Lay the slices on a parchment-lined tray, letting them cool completely; the syrup will set into a light glaze.

Nutrition per serving

120 kcal

Calories

1 g

Protein

30 g

Carbs

0 g

Fat

Tips & notes

- Do not overcrowd the pan; work in batches for even coating.
- Taste the syrup before adding honey to adjust sweetness to your preference.
- For a deeper flavor, let the slices sit in the syrup for a few hours before draining.