



Long Livo

Oven Dried Orange Slices – Easy Snack Recipe

15 min

Prep time

4

Servings

2 h 30 min

Cook time

Easy

Difficulty

2 h 45 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 4 large navel oranges, washed and sliced 1/4 inch thick
- ☐ 2 tbsp granulated sugar (optional)
- ☐ 1 tsp sea salt

- ☐ 1 tsp lemon juice

Optional Sweet Glaze

- ☐ 1 tbsp honey
- ☐ 1/2 tsp cinnamon

Instructions

- 1** Preheat your oven to 225°F (107°C) and line a baking sheet with parchment paper.
- 2** Arrange the orange slices in a single layer, making sure they don't overlap.
- 3** If using sugar or honey, lightly brush each slice or sprinkle sugar, then drizzle honey and sprinkle cinnamon if desired.
- 4** Place the tray in the oven and bake for about 1 hour, then rotate the slices and continue baking for another 1-1.5 hours, checking for a soft yet slightly golden edge.
- 5** Remove from the oven, let cool completely on a wire rack; the slices will crisp up as they reach room temperature.

Nutrition per serving

70 kcal

Calories

1 g

Protein

18 g

Carbs

0 g

Fat

Tips & notes

- If slices are still pliable after 2½ hours, lower the heat to 200°F and add another 15-20 minutes.
- Store in a paper bag inside the container to absorb any excess moisture.
- For a spicy twist, add a pinch of cayenne after cooling.