

## Warm Spiced Oranges

### Ingredients

- 1 orange, sliced or segmented
- 2 tablespoons lemon juice
- 1/8 teaspoon ground cinnamon
- Dash of cloves
- Dash of nutmeg
- 1/8 teaspoon powdered vanilla
- Stevia to taste (powdered or flavoured liquid)

### Directions

1. Mix spices with lemon juice and Stevia.
2. Warm slightly in saucepan and add oranges.
3. Cook for 2-3 minutes.
4. Serve hot or chilled.

|                              |
|------------------------------|
| Makes 1 serving<br>(1 fruit) |
| 1 gram protein               |
| 0 fat                        |
| 70 calories                  |

### HCG Diet Tip

Freeze fresh fruits like strawberries, grapefruits or oranges to puree with ice and make smoothies or frozen desserts.

