

# Candied Oranges

## **Ingredients:**

organic oranges, 4-6  
½ C. maple syrup  
¼ C. dried elderberries  
¼ C. pumpkin seeds  
½ t. rose hips powdered  
½ t. coconut oil  
1 ½ C. stevia sweetened chocolate chips or carob chips

## **Orange slice preparation:**

This recipe will take several days to make, in order to thoroughly dehydrate the orange slices. Slice entire organic oranges with the washed skin and all, into thin, ¼ inch or ⅛ inch slices, making round flat pieces of orange. Place in a container and pour maple syrup over the oranges, making sure they cover each piece. Let soak for 30 minutes to an hour. Place on a dehydrator sheet and dry at 115 degrees. This process takes longer, the thicker the orange slices. I prefer very thinly sliced oranges, for both texture and drying time. Dry oranges for 8-16 hours, depending on the need. Dry thoroughly until the inner flesh is dried. Once dried, cut each orange slice in half.

## **Toppings Preparation:**

After you have dried the oranges, you will want to lay out a piece of wax paper or parchment to lay these treats on to dry. Put the elderberries and pumpkin seeds into a dish with a spoon to be able to distribute these over the chocolate.

## **Chocolate or Carob Preparation:**

Place the chocolate or carob chips in a pot. If you have a double boiler, this will be the easiest way to melt the chocolate chips. Add a small ½ t. Of coconut oil to the chips to help them thin out. Melt the chocolate chips by setting the pot over a double boiler of water or over another pot of boiling water, while you are stirring the chips. Once they melt, add the rose hip powder and stir well.

Take one half slice of orange and spread the melted chocolate or carob over half of it, on both sides. Then holding the orange over the toppings container, sprinkle the elderberries and pumpkin seeds on both sides of the melted chips. Lay on a parchment or wax paper and let cool. They will harden over the next hour and then are ready to serve. I like to put mine in the freezer for 5 minutes to quicken the hardening process.

These treats are high in zinc, vitamin C, antioxidants, and antiviral substances. What a great way to keep the body both healthy and happy! Happy New Year!

Recipe by Kelly Pomeroy