

Choco Fever Dream

Candied Orange Slices – Sweet & Zesty Treat

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**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	1 g	30 g	0 g
Calories	Protein	Carbs	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.