

Oranges with hot caramel toffee



Oranges with hot caramel toffee

Preparation: about 10 minutes

Cooking: about 8 minutes

Serves: 4

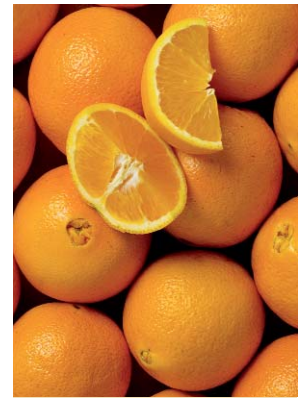
1 cup caster sugar

1/3 cup light cream

6 large Navel oranges, peeled, pith removed and sliced

Toasted waffles, to serve

1. To make caramel, place sugar in a non-stick frying pan and heat over high heat, tilting pan often, for 5–8 minutes or until deep golden. Remove from heat and stir in cream. Set aside.
2. Place sliced oranges in a serving bowl. Drizzle with hot caramel toffee and serve with waffles.



Oranges

- Deserve their reputation as excellent source of vitamin C – one orange has almost two day's supply of this important vitamin.
- A source of beta carotene and many of its relatives in the carotenoid family. Beta carotene can be converted to vitamin A and other carotenoids are important in keeping the immune system healthy.
- Provide folate, one of the B vitamins that is particularly important in the early stages of pregnancy.
- Low GI so that its carbohydrate is released slowly into the bloodstream.