

Oranges with caramel toffee



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Preparation 15 mins | Cooking 8 mins | Serves 4

6 Navel oranges
1 cup caster sugar
½ cup reduced fat cream
Toasted waffles, to serve

STEP 1 Peel, remove all white pith then thickly slice oranges. Arrange in a serving dish.

STEP 2 To make caramel toffee, place sugar in a non-stick frying pan and heat over high heat, tilting pan often, for 5-8 minutes until deep golden. Remove from heat and carefully stir in cream.

STEP 3 Drizzle hot caramel toffee over oranges and serve with toasted waffles and vanilla ice-cream if liked.

Good for you... **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.

