

Iced and Spiced Orange Slices

Variation: Substitute strawberry or apple slices.

Makes 1 serving (1 fruit)

1 gram protein

0 fat

65 calories

Ingredients

- 1 orange, sliced or segmented
- 2 tablespoons lemon juice
- ¼ teaspoon cinnamon
- ¼ teaspoon powdered vanilla
- Pinch of nutmeg to taste
- Pinch of powdered clove to taste
- Pinch of cardamom to taste
- Powdered Stevia to taste

HCG Diet Tip

Try some of the flavoured varieties of liquid Stevia for when you want something sweet. Enjoy with fresh fruit, coffee, or tea. Vanilla, dark chocolate, English toffee, peppermint, orange, and other flavours are available. Check your local health food store or shop online for additional flavour options.

Directions

1. Mix powdered spices and Stevia together.
2. Dip orange slices in lemon juice and dredge with spice mixture.
3. Freeze until firm.

