

Orange Spice Meat Marinade

*This recipe makes 1 serving
Each serving = 1 fruit*

Directions

- Squeeze the juice of 1 orange into a bowl.
- Add salt, pepper and 1-2 tbs of apple cider vinegar.
- Add fresh basil and herbs, salt and pepper.
- Pour over raw fish, beef or chicken.
- Marinate for 30 min or more.
- Cook meat over a grill, or bake or sauté in pan.
- Pour the juice over salad or spinach...this makes a delicious salad dressing.

