

Natural Healing Express Weekly

Column 381 Oranges

Oranges seem to get left out a lot. I mean, they are often overlooked for how wonderful and nutritious they are. At one time, they were reserved for royalty. And, many years after that, oranges were utilized only on special occasions by most families. In today's world, they are in every super market in America.

We are so lucky.

Oranges are a nutrition powerhouse. For example, one fresh orange contains approximately 62 calories. That means 69.7 mg of vitamin C, 3.1 grams of dietary fiber, 39.7 mcg of folate, 237.1 mg of potassium, 268.6 IU of Vitamin A and 52.4 mg of Calcium. Not to mention the benefits of B1 thiamin, alpha-carotene, beta-carotene, beta-cryptoxanthin, lutein + Zeaxanthin.

So what are some scrumptious ways to eat these fantastic fruits? One of my favorites is a quite simple salad.

Orange and Avocado Salad

Simply, rinse and toss some spinach, peel and segment two full oranges, chop and dice one avocado.

Place all into a bowl and toss.

Here is another one of my favorites

Orange Salsa

Ingredients – 1 medium dice orange, ½ medium jicama diced, 1 tsp. lemon juice, 1 tsp. minced fresh mint, 1 tsp. Dijon mustard, red pepper to taste and 2 tbsp. olive oil. Simply place all into a medium bowl and stir.

Here's another early summer morning drink

Orange cooler

Ingredients – two full oranges, segmented, ten strawberries stemmed, 2 tbsp. honey, 2 cups of ice.

Place all into blender, mix on high for one minute.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main

St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express