

Oranges in Vanilla Syrup

From a recipe by Russ Parsons, How to Pick a Peach



Light dessert, and oh-so easy.

Servings: 4

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

1 1/2 cups water

1 cup sugar (or sweetener of choice - honey, Splenda)

1 whole vanilla bean

3 whole Navel oranges, peeled, sliced crosswise

3 sprigs fresh mint

The vanilla syrup can be used a second time if you do it soon. Use it to drizzle over strawberries, any other kind of berry, or a piece of pound cake.

Per Serving (excluding unknown items): 244 Calories; trace Fat (0.4% calories from fat); 1g Protein; 63g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 3 1/2 Other Carbohydrates.

1. Make a vanilla-scented syrup by boiling 1 1/2 cups water and 1 cup sugar with a split vanilla bean until the syrup is clear, about 10 minutes. Refrigerate.
2. Peel the oranges and slice into a bowl, then pour the cold syrup over the top. Remove the vanilla bean. (Stick the vanilla bean, once dried, in your sugar canister where it will make vanilla-sugar).
3. Serve the oranges with fresh mint sprinkled over the top and with crispy cookies.