

Cinnamon Oranges

Sugar substitute to equal 1/4 c sugar
3/4 tsp ground cinnamon
1/4 tsp ground cloves
4 medium oranges, peeled and thinly sliced
1/4 c water
1/2 tsp rum extract

Combine sugar substitute, cinnamon, and cloves in a small bowl. Arrange half of orange slices in a 1-quart bowl. Sprinkle with half of cinnamon mixture. Add remaining orange slices and remaining cinnamon mixture. Combine water and rum extract. Pour over orange mixture. Cover and chill overnight. Spoon juice over oranges to moisten before serving.

Makes 4 Servings

Dietary Exchanges:
1 Fruit

Nutrients per Serving:
73 Calories
18 g Carbohydrate
1 g Protein
trace of Fat
3 g Fiber