

FUEL **UP**

# Refreshing Oranges

Juicy, tart, sweet – they supply fabulous amounts of vitamin C, folate, potassium, and fiber, which help promote and protect your health.



## ENJOY SLOWLY

Be mindfully present. Slowly peel your orange. Savor the aroma, taste, and texture, one juicy bite at a time.

## INFUSE

Slice and add to sparkling water for a sweet citrusy flavor.

## TOSS

Add peeled and chopped orange segments to a dark leafy green salad.