

Taste Test: Blood Orange



Blood oranges are a different variety of orange that looks like an orange on the outside, but has an inside flesh that is a bright red colour, giving it its name. Blood oranges have a distinct sweet, tart flavour, with a hint of raspberry. Blood oranges are commonly grown in the Mediterranean and in California.

Food Fact

Blood oranges get their bright blood-red colour from high concentrations of a pigment called anthocyanin, a powerful antioxidant¹

How to Choose:
☐ A good blood orange's peel should feel smooth.
☐ It should be firm with no bruises.
☐ Choose a heavier blood orange to ensure it is very juicy.
How to Prepare:
☐ Wash the blood orange to remove bacteria.
☐ Cut the fruit down the middle, then cut each half into 2 or 3 wedges.☐ Eat the inner red flesh.
How to Store:
☐ Store blood oranges in the fridge or on the counter for up to 2 weeks.
Note:
Canada's food guide recommendations:
☐ Include vegetables and fruit in all meals and snacks.
Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):







Would you like to try blood oranges again?

	YES		NO
--	-----	--	----

Ideas for Serving Blood Oranges:

- Eat them as a sweet snack on their own
- Add them to any fruit salad
- Juice them like oranges

Blood Orange & Strawberry Smoothie

Makes 4 servings

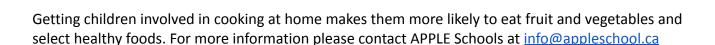
Ingredients:

- 2 cups of freshly squeezed blood orange juice
- ☐ 1 cup fresh or frozen strawberries, washed and hulled
- ☐ 3/4 cup vanilla yogurt
- ☐ ½ cup soft tofu or plain Greek yogurt
- ☐ 2 Tbsp honey
- 4 ice cubes

Directions:

- 1. Place all ingredients except the ice cubes in a blender and purée until smooth.
- 2. Add the ice cubes and pulse until the ice is crushed.
- 3. Pour into 4 glasses and serve immediately. Enjoy!

Recipe from https://www.thespruceeats.com/blood-orange-and-strawberry-smoothie-1665741



¹Sunkist Citrus & Products. Moro (Blood Oranges). http://www.sunkist.com/products/oranges.aspx#moro Accessed July 26, 2012.



²EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed July 26, 2012.