

# 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 antioxidant<sup>1</sup>

## 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>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca)

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

<sup>2</sup>EaTracker.ca. Recipe Analyzer. [http://www.eatracker.ca/recipe\\_analyzer.aspx](http://www.eatracker.ca/recipe_analyzer.aspx) Accessed July 26, 2012.