

Bite Spoon

Dried Orange Slices – Easy Oven Method

15 min Prep time	**2 h** Cook time	**2 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 large fresh oranges, washed
- [ ] 1/4 cup granulated sugar
- [ ] 1/2 tsp sea salt
- [ ] 1 tsp lemon juice
- [ ] Optional: 1 tsp honey

Instructions

1. Pre-heat the oven to 200°F (93°C). Line a baking sheet with parchment paper.
2. Slice the oranges about 1/8" thick, removing any seeds; aim for uniform pieces.
3. Place the slices in a bowl, drizzle with lemon juice, then toss with sugar and sea salt until lightly coated.
4. Arrange the slices in a single layer on the prepared sheet, leaving a little space between each.
5. Bake for 1 hour, then flip each slice gently and bake another 45-60 minutes until the edges are lightly caramelized.
6. If using honey, drizzle a thin stream over the warm slices during the last 10 minutes, then return to the oven briefly.
7. Remove from oven, let cool completely on the sheet; they will firm up as they reach room temperature.
8. Store in an airtight container with a paper towel to absorb any residual moisture.

Nutrition per serving

120 kcal	2 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If slices stick, let them cool a minute before trying to lift.
- For a brighter flavor, zest a little extra orange over the slices after cooling.
- You can dehydrate instead of baking for an even longer shelf life.