



Holiday Oranges

- 1 navel orange
- 2 teaspoons orange juice
- 2 teaspoons lemon juice
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon cinnamon



Remove rind and white pith from orange. Cut into 5 or 6 slices and arrange on a plate. Stir together orange juice, lemon juice, sugar and cinnamon. Spoon over slices.



Wisconsin Nutrition Education Program - Florence, Forest, & Vilas Counties

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Pumpkin Muffins



- 1 Box of Cake Mix (butter pecan, white, yellow, spice)
- 1 15 oz. Can Pumpkin

Mix the can of pumpkin and dry cake mix together. **You will not use any eggs or oil**, just the pumpkin and dry cake mix. Place in oiled muffin pan and bake for 15-20 minutes in a 350 degree oven.



Optional: Add nuts, raisins, chocolate chips, etc. if you'd like!



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