

Vitamin C powder



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Ingredients: 2 or 3 slices of organic dried oranges (or peels)

Method

To dry, wash oranges well and then slice into ¼-inch thick rounds, leaving the peel on. Then you can either air dry, oven dry or (my favourite) use a food dehydrator.

Each method requires different temperatures and drying times.

If using an Excalibur food dehydrator (like I did), dehydrate at 125-135 degrees until orange peels are brittle (5 to 12 hours). You can also dry just the peels and use them in lieu of whole slices.

Break dried orange slices or peels into small bits. I used a food processor to do this. Transfer smaller bits to a coffee grinder (electric works best but you could use a hand-grinder). Make sure the grinder is set to the fine-grind setting and is clean so no coffee residue gets mixed in.

Grind dried oranges into a fine powder.

Transfer powder to a mug and add boiling water.

Stir until water turns orange and powder is well-mixed.

Add honey if desired and enjoy hot!

Get well soon