Benefits of Oranges

- Lowers high blood pressure
- Anti-inflammatory
- Supplies 116.2% of daily value for vitamin C
- Disarms free radicals
- Prevents damage in the aqueous environment both inside & outside of cells
- Reduces risk of colon cancer
- Reduces severity of asthma, osteoarthritis & arthritis
- Prevents oxidation of cholesterol
- Polymethoxylated flavones (PMFs) have potential to lower cholesterol more effectively than some prescription meds, without side effects
- Promotes healthy immune system
- Reduces risk of death from all causes including heart disease, stroke & cancer
- Significant protection against esophageal, oro-pharyngeal/laryngeal (mouth, larynx and pharynx) & stomach cancers
- Provides 12.5% of daily fiber value

Orange & Avocado Salad | Serves 4

- 8 cups mixed salad greens
- 1 cup orange segments
- 1 avocado, diced
- 1/4 cup slivered red onion
- 1/2 cup Cilantro-Lime Vinaigrette (recipe below)
- 1 cup packed cilantro
- 1/2 cup extra-virgin olive oil
- 1/4 cup lime juice
- 1/4 cup orange juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Pinch of minced garlic

Puree in a blender or food processor until smooth.

facebook.com/OasisAdvancedWellness