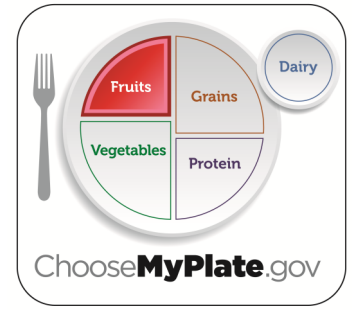
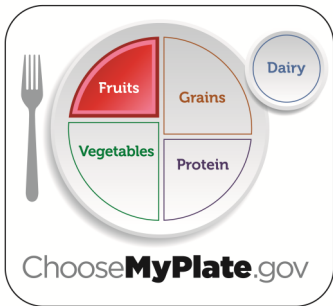


Mandarin Oranges/ Mandarinas

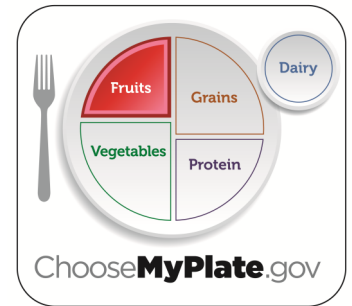


Eat a variety of colorful fruits and vegetables every day ♦ Comer frutas y verduras de varios colores cada día

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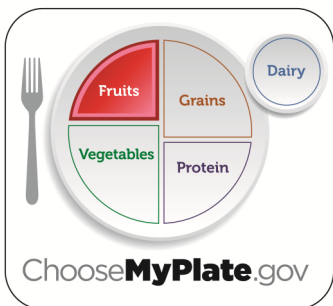


Mandarin Oranges/ Mandarinas

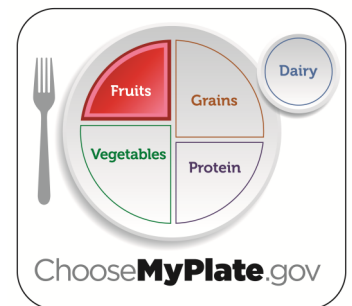


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Mandarin Oranges/ Mandarinas



Eat a variety of colorful fruits and vegetables every day ♦ Comer frutas y verduras de varios colores cada día

- Peel mandarins and break into wedges. Add mandarin wedges to your favorite salad for added sweetness!
- Peel mandarins and serve with low- or non-fat yogurt for a healthy orange cream snack.
- Peel mandarins. Combine with chopped green onions, cilantro, jalapeños, pineapple, and lemon juice for a refreshing salsa.



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- Pelar la mandarina y agregue cuñas a su ensalada favorita.
- Pelar la mandarina y servir con yogur bajo o sin grasa para una merienda.
- Pelar la mandarina. Combinar con cebollas verdes picadas, cilantro, chiles jalapeños, piña y jugo de limón para una salsa refrescante.

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