## **Early to Rise Customer Support**

Knowledgebase > Chef Gui Eat More Burn More > Peeling Vegetables-- What about apples and oranges. Apples have so much poison on them I think it is imperative to peel them. Am I wrong. And orange peels normally have dye in them and also have a very strong taste. How about Oranges?

Peeling Vegetables-- What about apples and oranges. Apples have so much poison on them I think it is imperative to peel them. Am I wrong. And orange peels normally have dye in them and also have a very strong taste. How about Oranges?

Honey - 2020-02-06 - Chef Gui Eat More Burn More

Regarding pesticide, of course it is a concern. I recommend buying organic for many reasons. If you buy regular fruits and vegetables, yes, please wash them thoroughly.