**POMEGRANATE**

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**Health Benefits:**

* Powerful antioxidant
* Potent anti-cancer and immune supporting effects
* Inhibits normal platelet aggregation that could cause heart attacks, strokes, and embolic disease
* Lowers blood pressure
* Shown to promote reversal of atherosclerotic plaque
* May protect against osteoporosis

**Check out these December
menu items:**

**Featured Recipes**

* Pomegranate Pistachio Pudding
* Broccoli Pomegranate Salad
* Tossed Salad with Pomegranate Seeds



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**FUN FACTS
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* At weddings and at New Years, Greeks break a pomegranate on the ground for good luck.
* The rind of the fruit and bark of the shrub are used in some traditional medicines to treat parasites.
* In India the astringent white pith is used as toothpaste with salt, pepper, and ginger. The juice, however, is highly tannic (like wine), and will stain teeth rather than clean them.
* The name pomegranate comes from Medieval Latin meaning "seeded apple."
* The blossom was crushed to make a red dye, and the peel was used to dye leather.
* The Pomegranate Council in California believes that the pomegranate may have been the actual forbidden fruit of the Garden of Eden, rather than the apple.
* In Indian cuisine, dried pomegranate seeds flavor everything from spiced chickpeas to sweet chutneys.



Created by Allison Freeman, MS

UW-Stout Dietetic Intern, October 2015

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