The Power of Pomegranates!

Pomegranates have finally appeared on our grocery store shelves again. Be sure to include these bright red jewels at your holiday meal. The seeds are delicious and will add color and crunch to any dish. Try sprinkling some seeds over a salad. Serve spiced pears and pomegranate for a healthier desert option. Mix pomegranate juice with sparkling water.

Best of all, not only are pomegranates delicious, they are also packed full of nutrition. They contain some of the most potent antioxidants and may have anti-cancer, anti-inflammatory, and immune supporting effects.

Come join us at this month’s Beneficial Bites presentation and learn the history and nutritional benefits of pomegranates. We will teach you how to cut up a fresh pomegranate and samples will be provided. Recipes using this fruit in a variety of ways will be available.

Created by Allison Freeman, MS, Dietetic Intern October, 2015

