

POMEGRANATE

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FUN FACTS

- Pomegranates have anywhere from 620–840 seeds.
- In the U.S. the season for Pomegranates is in the winter



Shopping tips

- They should be around the size of an apple or orange
- When ripe, tapping it should make a metallic sound

Health Benefits of Pomegranates

- ★ Rich in antioxidants
- ★ High levels of Vitamin C and B-6



Serving Size

1 cup of seeds and pulp=144 calories

Whole pomegranate=233 calories

Pomegranate smoothie

Ingredients

- 1 cup of pomegranate juice
- 1 cored apple
- 1/2 carrot
- 2 handfuls of raw baby spinach

Add ice to chill if desired

Directions

Start by adding the juice to the blender. Followed by the soft fruit, greens last. Blend on high 45 sec