

FUEL UP WITH
FRUIT

Pomegranate, Please

This mysterious fruit is the source of much confusion.
We discard the fruit but eat the gem-like seeds!

SCOOP

Cut in half or into
wedges and gently
scoop out the seeds.
Enjoy with a spoon.

SPRINKLE

Add seeds to salads,
grains, salsas and
sauces for a colorful,
nutritious boost.

CHEERS!

Add seeds and lime
wedges to sparkling
water or ginger ale.
Toast to your health!

