

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!

