

## **VIS Nutrition Tip: Have you tried pomegranates?**

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Pomegranates are a round red fruit about the size of an apple. Beneath the thick skin are hundreds of edible seeds, with a tangy, sweet flavour that bursts in your mouth.

Packed with antioxidants and vitamin C, each pomegranate will yield about one cup of seeds. To eat the pomegranate, simply cut it in half and use a spoon to scoop the seeds out, leaving behind the bitter white pith.

Add them to salads, breakfast cereal, fruit salad, yoghurt or simply have them as a between meal nibble. Although it's nearing the end of pomegranate season, it's well worth it if you get the chance to try one.