



# Taste Test: Pomegranate

Pomegranate is a seeded fruit, which is red in colour. It has smooth and silky skin. There are hundreds of reddish seeds covered by juicy pulp inside each fruit, which are the edible parts. Pomegranate seeds are highly nutritious, containing vitamins C, A, and E. They are also rich in antioxidants, potassium, fibre, iron, folic acid, and minerals.

## Ideas for Serving Pomegranates:

- Buy many when affordable in-season and freeze the seeds. Later you can use the seeds for a dessert topping, salad topping or an addition to your breakfast porridge or yogurt.
- Add to salsas, relishes or chutneys or yogurt sauces for a new take on your favorite recipes.
- Smash fruits and add to your favorite homemade dressings based with oil and vinegar.
- The pulpy seeds go great with goat cheese, nuts and olives. Add to your sampler plate for a fruity contrast.
- In addition to adding to your frozen desserts, you can bake with pomegranate seeds. Try pomegranate ginger muffins, or red velvet cake with pomegranate filling or topping.
- Make a quick dessert of baked pears in pomegranate juice with seeds. This can reduce the need to add sugar and gives added flavor to your softened pears.

## I TRIED IT!

My Rating (circle one):



Would you like to try pomegranate again?

YES

NO

## NOTE:

Eating Well with Canada's Food Guide recommends:  
**5 servings** of vegetables and fruit per day for children between the ages of 4-8 years and  
**6 servings** of vegetables and fruit per day for children between the ages 9-13 years.

## Oatmeal Pomegranate Muffins

Recipe by: *Mother Thyme*

[www.motherthyme.com](http://www.motherthyme.com)

Makes 14 muffins

### Ingredients

1 3/4 cup all-purpose flour  
3/4 cup sugar\*  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
3 large eggs, lightly beaten  
1/2 cup vegetable oil  
1/3 cup 100% pomegranate juice (like POM)  
1 cup pomegranate seeds (arils)  
1/2 cup old fashion rolled oats

### Topping

2 tablespoons butter, melted  
1/2 cup light brown sugar  
1/3 cup all-purpose flour  
1 teaspoon cinnamon  
1/4 cup old fashion rolled oats  
1/4 cup pomegranate seeds (arils)

### Directions

- Preheat oven at 350 degrees. Line muffin tin with paper liners and set aside.
- In a large bowl sift flour, sugar, baking powder, baking soda, salt and cinnamon. Make a well in the center of the flour mixture and add in eggs, vegetable oil and pomegranate juice.
- Stir together until well combined. Stir in pomegranate seeds and rolled oats.
- Pour batter in to lined muffin tins 3/4 full.

### For topping-

In a medium bowl stir together butter, brown sugar, flour, cinnamon, rolled oats and pomegranate seeds until blended. Generously sprinkle on to tops of each muffin.

Bake in a preheated oven for 22-27 minutes until tester inserted in to the center of the muffin comes out clean.

Cool on wire rack.

\*For a sweeter muffin increase sugar to 1 cup.



Getting children involved in cooking at home means they are more likely to eat fruit and vegetable and select and healthy foods.