

Pomegranate Seeds

 Serving: 2 Prep: 5 minutes

 Preparing Time: min

 Total Duration: min

Ingredients

- ♦ 1 pomegranate

Directions

- ♦ Slice fruit.
- ♦ Remove seeds.
- ♦ Serve in bowls.
- ♦ Equipment: None
- ♦ Nutrition: Carbs 29g, Fiber 6g

Notes

Fresh seeds served in a bowl at the start of the year.

