

 

- [YOUR AMERICA](#)
- [LIVING HEALTHY](#)
- [ADVICE & KNOW-HOW](#)
- [LAUGHS!](#)
- [MAKE IT MATTER](#)
- [SWEEPSTAKES](#)
- [GAMES](#)
- [VIDEO](#)

## Meals That Heal: Afternoon Snack

Pomegranate juice is used to create these heart-healthy afternoon snacks.

[E-Mail](#) | [Print](#) | [Bookmark](#) | [Change Text Size](#)

### Pomegranate Smoothie

This refreshing smoothie is made with pomegranate juice, which has more antioxidants than any other juice, and fights the free radical damage that can lead to premature aging, heart disease, and cancer.

#### You Will Need

- 1/2 cup pomegranate juice
- 1/2 cup unsweetened frozen berries
- 2 tablespoons plain or artificially sweetened nonfat yogurt

#### What to Do

Blend in blender until smooth.

Serves: 1

Per serving: 110 calories, 0 g fat, 0 g sat fat, 0 mg cholesterol, 45 mg sodium, 24 g carbohydrate, 2 g fiber, 2 g protein

*Created by Mindy Hermann, R.D.*

### Pomegranate Pops

Fight premature aging, heart disease, and cancer with these delicious frozen pops.

#### You Will Need

- 3/4 cup pomegranate juice
- 1 small banana

#### What to Do

- Blend in blender until smooth.
- Freeze in plastic ice pop containers or ice cube tray.

Serves: 2

Per serving: 100 calories, 0 g fat, 0 g sat fat, 0 mg cholesterol, 15 mg sodium, 25 g carbohydrate, 1 g fiber, 1 g protein

*Created by Mindy Hermann, R.D.*

- [Yahoo! Buzz](#)
- [Del.icio.us](#)
- [Digg](#)
- [Reddit](#)
- [Facebook](#)
- [StumbleUpon](#)
- [TwiTThis](#)

**MUST READ** Should Everyone Read This? [Yes! I vote for this story](#)

### Related Topics

- [Healthy Foods](#)
  - [Diet Recipes](#)
- [Healthy Snacks](#)
  - [Family Lunch](#)
  - [Vegetarian Recipes](#)
- [Healthy Recipes](#)

### Related Articles

- Meals That Heal: Breakfast**  
Energize your day with these terrific breakfast recipes.
- Meals That Heal: Lunch**  
Boost your mood and fight disease with these lunchtime recipes.
- Meals That Heal: Dinner**  
Delicious dinner recipes to give you a better night's sleep.
- Recipes for a Thinner You**  
Turn your favorite foods into healthier versions with these great-tasting recipes.
- Super Foods for Men and Women**  
Guess what? You have different nutritional needs than the opposite sex. Discover the best foods for you both.
- Heart-Healthy Recipes**  
Is the answer to a healthy heart in your kitchen? We've uncovered the best foods for reducing cholesterol and improving heart health.
- Weight Loss Recipes From Around the World**  
Spice up any diet with these naturally healthy dishes.
- Foods That Fight Disease**  
Food can do much more than taste good; it can help you fight many serious diseases.
- Meals That Heal: Evening Snack**  
Relax with a warm bedtime snack.

## Pocket 81% Savings!



- Inside each issue, you'll get:**
- [Inspiring shared experiences](#)
  - [Important news features](#)
  - [Laugh-out-loud jokes & stories](#)

[Subscribe](#)