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Meals That Heal: Afternoon Snack

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

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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.

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