

Holiday Baking

Create Healthful Cookie Happiness

(NAPSA)—If your idea of happiness is a warm cookie, think how happy a holiday cookie rich in antioxidants can make you.

One easy way to make cookies healthier is to add some pomegranates, which contain polyphenols, some of nature's most effective antioxidants. Polyphenols help protect the body against free radical damage that is a factor in aging and vascular disease.

The edible, juicy seeds or arils of the pomegranate are both great to eat and cook with. While the fresh fruit is available in stores from October through January, refrigerated, all-natural juice is available year-round.

For a healthy and happy holiday, try these delicious—and very nutritious—oatmeal fruit drops.

POM OATMEAL DROPS (Makes 5 dozen cookies)

- Juice from 1 large POM Wonderful Pomegranate* or ¼ cup POM Wonderful 100% Pomegranate Juice
- 1 cup arils (seed sacs) from 1 large pomegranate
- 2½ cups quick-cooking rolled oats
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¾ cup (1½ sticks) butter or margarine, softened
- 1 cup granulated sugar
- 1 cup firmly packed brown sugar
- 1 large egg
- ¾ cup chopped dried apricots, cranberries, cherries or apples
- ½ cup raisins

1. Score 1 fresh pomegranate and place in a bowl of water. Break open the pomegranate under water to free the arils.



Delicious, nutritious pomegranate oatmeal fruit drops give the gift of good health.

The arils will sink to the bottom of the bowl and the membrane will float to the top. Sieve and put the arils in a separate bowl. Reserve 1 cup of the arils from fruit and set aside. (Refrigerate or freeze remaining arils for another use.)

2. Prepare fresh pomegranate juice.*

3. Preheat oven to 375°F. In a bowl combine oats, flour, baking soda and salt. In a large bowl beat together butter and sugars until smooth. Beat in the pomegranate juice and egg. Stir in the flour mixture, reserved arils, apricots and raisins.

4. Drop mixture by rounded tablespoons, 2 inches apart, onto lightly greased baking sheets.

5. Bake for 12 to 14 minutes until edges are golden brown; do not overbake.

6. Transfer cookies to wire rack with spatula; cool. Store in a tightly covered container or freeze for up to several months.

***For 1 cup of juice, cut 2–3 large POM Wonderful Pomegranates in half and juice them with a citrus reamer or juicer. Pour mixture through a cheesecloth-lined strainer or sieve. Set the juice aside.**

More recipes and information are available at www.pomwonderful.com.