

Elegant Entertaining

Impress Your Guests With A Fresh And Healthy Parfait

(NAPSA)—Whether served as an elegant breakfast or a delectable dessert, a refreshing parfait featuring pomegranates is both healthy and delicious. Now in season, pomegranates are rich in antioxidants and add a dash of color and burst of sweetness to this impressive parfait. Here's how:

POM, HONEY AND PISTACHIO YOGURT PARFAITS

Time to table: 25 minutes

Makes four 8-oz. glasses

- 1 cup arils from 1-2 POM Wonderful Pomegranates**
- ½ cup honey**
- ½ cup chopped pistachios**
- 2 cups vanilla-flavored yogurt, divided**
- 2 tablespoons chopped pistachios for garnish**

To extract arils (seed sacs) from pomegranates, score 1-2 fresh pomegranates and place in a bowl of water. Break open the pomegranates under water to free the arils. The arils will sink to the bottom of the bowl and the membrane will float to the top.

Mix together honey and ½ cup pistachios, then divide among four 8-oz. glasses. Layer ¼ cup of yogurt over the honey-nut mixture in each glass. Layer 2 tablespoons of arils in a single layer on top of yogurt in each glass. To the remaining cup of yogurt, add



Pretty in pink. Pomegranate parfaits topped with pistachios make a healthy and delicious breakfast or dessert.

any accumulated juices* from the arils to tint yogurt pink. Layer the tinted yogurt over the arils in each glass. Top parfaits with remaining arils and sprinkle with reserved pistachios.

** To create a deeper pink tint, place 1 to 2 tablespoons arils in a strainer and press with the back of a spoon to extract more juice.*

Nutrients Per Serving (1 cup): 33.79 calories (17 percent calories from fat, 73 percent calories from carbs), 8.92g protein, 63.74g carbohydrates, 6.64g total fat (1.57g saturated), 6.00mg cholesterol, 96.86mg sodium, 1.67g dietary fiber, 18.67mcg vitamin A, 10.07mg vitamin C.

You can find more information, tips and recipes online at www.pomwonderful.com.