

# Tips To Relish Pomegranate During Pregnancy



Snack on pomegranate seeds.



Drink pomegranate juice for refreshment.



Add pomegranate seeds to cereals and salads for added flavor and nutrition.



Use pomegranate seeds as a garnish.



Make a pomegranate smoothie or milkshake to satisfy pregnancy cravings.



Add pomegranate seeds to sweet dishes.

