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2 hours ago the pomegranate fruit is a rich sources of antioxidants the seeds or arils are the most edible part and you can use them in all sorts of dishes for taste texture and color

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#### health

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nov 24 2025 this easy pomegranate margarita features the ideal balance of tequila fresh lime juice and sweet tart pomegranate syrup and adds a beautiful seasonal twist to a classic cocktail

1 day ago in this episode of in the kitchen with matt i will show you how to eat a pomegranate i will also do a pomegranate taste test where do pomegranates grow pomegranates

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