



Pomegranate and Apple Salad

Serves 8

- 1 pomegranate
- 1 Fuji or Gala apple
- ½ cup pecan pieces
- ½ cup light whipping cream
- 1 tsp vanilla
- 1 Tbsp sugar

1. Slice pomegranate in half, and then again, creating quarters. Over a medium-sized bowl, turn the pomegranate quarters inside out, using your thumbs to loosen seeds and spill them into the bowl. Remove any pieces of membrane from the pomegranate.
2. Quarter the apple, trimming seed pods from the middle. Cut each quarter into three pieces length-wise and then chop into ¼ inch pieces cross-wise.
3. Combine apple, pomegranate seeds and pecans.
4. In a chilled glass bowl, whip cream, vanilla and sugar until it forms stiff peaks. (May substitute light, non-dairy whipped topping)
5. Fold into fruit.
6. Chill for 20-30 minutes. Serve and enjoy!

Nutritional Analysis

Serving Size: 1/8 recipe

Calories	108
Fat	8g
Saturated Fat	2g
Cholesterol	8mg
Sodium	3mg
Carbohydrates	10g
Dietary Fiber	2g
Protein	1g

Diabetic Exchanges:

Protein	0
Fat	1.5
Carbohydrates	.75