

TAKE IT SLOW



In a hurry? Don't tackle a pomegranate. You need time for the ancient fruit, which is in season from September through January.

Split open the purplish-red rind and you'll find a mass of seeds embedded in a spongy white membrane.

Only by bursting the tiny bubble of liquid around each seed with your teeth do you get a squirt of sweet-tart juice. Whether you spit out or swallow the seeds, it takes time to eat.

On the other hand, when you just want something to nosh on, a 100-calorie (potassium-rich) pomegranate that takes half an hour to munch through is a good thing.

Of course, you can also sprinkle the seeds over your salad or mix them with couscous and dried fruit (apricots, raisins, currants) and nuts. Or team them up with chopped oranges, red onion, garlic, and lime juice to spice up your seafood.

It's too early to know if pomegranate can reduce the risk of heart disease or cancer (see "Super Fruit," Nov. 2006, p. 11). If it does, you might be better off with a glass of 100% pomegranate juice than the seeds in one fruit.

But if you just want something exquisite to keep your taste buds grinning, give a pomegranate a go.

www.pomegranates.org

About CSPI,
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www.cspinet.org/canada

MELT DOWN



"A chocolate lover's dream, these rich, moist cakes are made with creamery butter, exquisite dark chocolate and whipping cream," says the label on **President's Choice The Decadent Molten Chocolate Cakes**.

"When warmed, molten chocolate ganache flows from the centre." And, the PC Web site adds, "This bestseller has melted hundreds of thousands of hearts across the country!"

No kidding.

Granted, anyone who buys a cake called "The Decadent" isn't hunting for leafy greens. But few would expect so much damage from so little food. They're only three inches wide and just over one inch tall—not much bigger than a cupcake.

A few swallows and your body has to figure out what to do with 390 calories (stash it in ready-to-burst fat cells?) and 14 grams of

bad fat (wallpaper your arteries?). Who would have guessed that each cake could ooze 70 per cent of a day's worth of saturated plus trans fat from its core?

Why not just serve your guests 5 pats of butter and 6 teaspoons of sugar mixed with a little white flour and egg?

"Just heat and indulge," says the label. "Just heat and hope your local Emergency Medical Services team is on call," is more like it.

President's Choice: (888) 495-5111

TIP
OF THE MONTH

Core an apple (try Gala or Idared), but don't cut all the way through the bottom. Sprinkle with 1 Tbs. brown sugar plus a touch of cinnamon and nutmeg. Top with ½ tsp. no-trans-fat tub margarine. Microwave on high for 2 minutes (3 minutes for two apples), or until tender.

Return undeliverable Canadian addresses to:

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