

Eating a pomegranate can be a messy task. The juice can stain your clothes and even your countertops!

The seeds of the pomegranate fruit are sweet, juicy and bursting with flavor. Sprinkled in salads, in fruit salads, over ice cream and sorbet, the seeds add an interesting addition to any dish. The seeds are tasty eaten by themselves!



Index: How to De-Seed a Pomegranate

1. [How to De-Seed a Pomegranate](#)
2. [Cut off crown of the pomegranate.](#)
3. [Slice the rind in several places.](#)
4. [Soak pomegranate in water.](#)
5. [Break apart pomegranate.](#)
6. [Remove rind and membranes.](#)
7. Remove seeds from bowl.