



Anti-inflammatory recipes with a dash of sass, a pinch of humor, and food for your soul!

## *Festive Pomegranate Cups*

You will need:

- 1 pomegranate
- block/bar of dark chocolate, with at least with 70% cacao
- 2 tablespoons of butter
- muffin pan
- nonstick spray

1. Cut the pomegranate into four even pieces (you know, roughly)
2. Separate the seeds from the PILTHY membrane (hint, using a bowl of water will help separate the two) rinse in a colander and set aside
3. Melt at least half the chocolate bar in the microwave with approximately 2 tablespoons of butter. Melt entire chocolate bar to yield approximately 8 to 10 pomegranate cups!
4. Spray nonstick into muffin pan. Then fill each with approximately 1/ third of the melted chocolate. Sprinkle in pomegranates as desired. And lightly drizzle remaining chocolate on top.
5. Place into the fridge and allow to cool and set for at least 15 minutes. As evidenced by my video it may take longer lol!
6. Pop out with a knife, display on serving dish and garnish with a sprig of rosemary

Ta-DA!!!!