

Fresh Pomegranate Juice



Directions:

1. Cut the crown (top) of the pomegranate. Then score it lightly into 4 segments and pry it open. Extract the arils (fruit), leaving the white membrane behind.
2. Blend the arils (fruit) until they turn to liquid, about 10-15 seconds.
3. If you dislike pulp, you can strain using a spatula to push against the pulp for better extraction.
4. For a mocktail, you can add carbonated water and serve in a wine or martini glass.

Nutritional information:

Calories	100
Total Fat.....	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Total Carbohydrate....	.26 g
Dietary Fiber	1 g
Total Sugars	21 g
Protein	1 g
Sodium	0 mg
Serving Size	1 cup
Recipes Yields.....	3 servings

Prep time: 15 minutes

hoag.org/healthyrecipes