

# Homemade Pomegranate Juice

## Ingredients:

- 2 large pomegranates
- Water (optional, for thinning)
- Fine mesh strainer or cheesecloth
- Blender or food processor

## Instructions:

### 1. Prepare the pomegranates:

- Cut the pomegranates in half or into quarters.
- Hold the pomegranate sections over a bowl and tap the back with a spoon to release the seeds (arils). Alternatively, you can submerge the pomegranate pieces in a bowl of water and gently release the seeds with your fingers. The seeds will sink to the bottom while the pith floats.

### 2. Blend the seeds:

- Place the pomegranate seeds in a blender or food processor.
- Blend for 15–20 seconds, just long enough to break the seeds and release the juice. Be careful not to over-blend, as this can crush the seeds too much and result in bitter juice.

### 3. Strain the juice:

- Pour the blended pomegranate mixture through a fine mesh strainer or cheesecloth into a bowl or pitcher.
- Use the back of a spoon to press the juice through, ensuring you extract as much liquid as possible.

### 4. Optional: Add water

- If the juice is too strong or tart for your liking, you can dilute it with a little water to taste.

### 5. Serve:

- Pour the freshly made pomegranate juice into a glass and enjoy. You can chill it in the fridge before serving for a refreshing treat.

## Storage:

Store any leftover juice in an airtight container in the refrigerator for up to 3 days.

**Tips:**

- If you're looking for a sweeter juice, you can stir in a small amount of honey or sugar to taste.
- Fresh pomegranate juice can also be used as a base for cocktails, smoothies, or dressings

**Nutritional Breakdown for Homemade Pomegranate Juice (Per 1 Cup)**

- **Calories:** 134 kcal
- **Protein:** 1.5g
- **Fat:** 0g
  - Saturated Fat: 0g
- **Carbohydrates:** 33g
  - Fiber: 0.5g
  - Sugars: 30g (naturally occurring)
- **Vitamin C:** 28% of the Daily Value (DV)
- **Potassium:** 533mg (15% of the DV)
- **Folate:** 10% of the DV
- **Calcium:** 2% of the DV
- **Iron:** 2% of the DV