

Fresh Pomegranate Juice

A refreshing and vibrant juice packed with antioxidants, this homemade pomegranate juice is a delightful way to enjoy the sweet-tart flavor of pomegranates. Perfect for a healthy drink option!


15 min

Total time

easy

Difficulty

80

kcal / serving

Ingredients

- 1 large ripe pomegranate
- 1 tablespoon sugar (optional)
- 1/2 cup water (optional)
- Ice cubes (for serving)

Steps

- 1 Cut the pomegranate in half.
- 2 Hold one half over a bowl, cut-side down, and tap the skin with a wooden spoon to release the seeds.
- 3 Repeat with the other half.
- 4 Collect the seeds in a bowl.
- 5 Place the seeds in a blender and blend for about 30 seconds until juiced.
- 6 Strain the juice through a fine mesh sieve or cheesecloth into a glass to remove pulp.
- 7 Taste the juice; if desired, stir in sugar or water for sweetness.
- 8 Serve over ice cubes and enjoy!