



How to juice this fruit.

You're fine to juice the arils. Cut open the pom (cut in half) and pop out the arils. A good technique is to fill a bowl full of water and take half of the pomegranate and peel back the skin, and the arils will easily pop out.

Feed them through your juicer and alternate with other produce. They might cause a traffic jam in your juicer (the seeds are hard) but it's

just necessary for this ruby red juice. It pairs very well with other fruits and citrus. Try blueberry, grapes, apples, cranberries and even melons.

Juice recipes with pomegranate

Apple + Pom

4 apples

1 pomegranate

Core the apples, and prepare the pom. Juice together and serve.

Pom + Orange

3 oranges

1 pomegranate

Peel the oranges and cut into wedges. Prepare the pom. Juice together and serve.

Apple + Carrot + Pom

2 apples

4 carrots

1 pomegranate

Core the apples. Cut the carrots into 3 inch pieces. Prepare the pom. Juice together and serve.

Pom + Grape

1 apple (optional)

1 very large bunch of grapes, stems okay

2 pomegranate

Prepare the pom. Core the apple if you're juicing it with this recipe. Feed the grapes, pom and apple into the juicer. Serve.