



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

# POMEGRANATE JUICE POPS



These tangy sweet pops are tasty and easy to make for the holiday season.



06 HR 20 MINS



Serves 6



## INGREDIENTS

- 4 to 5 pomegranates, freshly squeezed
- 4 teaspoons of natural honey, to taste

Alternative pop flavors:

- 8 teaspoons of Greek Yogurt (Strawberry, Plain, Vanilla, Honey)
- 8 teaspoons of coconut water

## METHOD

Squeeze the juice from four pomegranates (see Juicing a Pomegranate below)

In a mixing bowl, combine the pomegranate juice with honey. Adjust the amount of honey to taste, depending on how sweet you want the popsicles to be. Stir until the honey is fully dissolved.

If you want to add a bit of texture and extra pomegranate flavor, stir in the pomegranate arils (the seeds) into the mixture. This step is optional.

Carefully pour the sweetened pomegranate juice mixture into popsicle molds, leaving a little space at the top for expansion as the popsicles freeze.

Place the popsicle sticks or handles into each mold. If your mold comes with lids, secure them in place.

Place the popsicle molds in the freezer and let them freeze for at least 4-6 hours, or until the popsicles are completely solid.

To unmold the popsicles, run the molds under warm water for a few seconds to help release them.

Serve the pomegranate popsicles immediately and enjoy!

### **Serving Suggestions**

Pomegranate popsicles are refreshing on their own, but you can also get creative with serving ideas:

- Garnish with extra pomegranate arils before serving for added crunch and flavor.
- Dip the popsicles in melted dark chocolate and let them harden for a decadent treat.
- Serve with a sprinkle of lime zest for a citrusy twist.
- Pair with a scoop of vanilla ice cream for a delightful dessert.

### **Alternate Versions**

Use sweetened Greek yogurt (honey or vanilla flavored) to the base to make hombra-colored popsicles with protein! Or use coconut water with the addition of the pomegranate juice, and sprinkle pomegranate seeds to see the seeds clearly. Mix and match any ingredients you want and have fun with it.

### **Juicing a Pomegranate**

Start by making an incision at the pomegranate's top, and then remove it. You'll observe white walls that separate the fruit into sections; to ease the opening, slice along these dividers.

Once you gently open the pomegranate, clean out any loose pulp. Then, over a bowl, tap the skin with a spoon, which helps release a majority of the seeds (arils). For any seeds still attached, use your fingers to pick them out.

Add water to the bowl. You'll see the seeds settle at the bottom, while the undesired pulp floats; use a spoon to discard the pulp.

Drain off the water and transfer the seeds into a Ziploc bag, and set aside a few seeds for garnishing. To extract the juice, gently crush these seeds using a spoon, and for stubborn seeds, you might need to manually pop them with your hand.

When you're ready to pour out the juice, ensure all seeds are away from one bag corner, then cut a small hole there smaller than a seed's size. As you drain the juice into a bowl, pinch above your cut and apply gentle pressure to the bag, and squeeze all the juice you possibly can.

Lastly, one pomegranate typically provides enough juice for one popsicle, but this can change depending on your mold's size. We recommend buying 4 to 5 pomegranates to make about six popsicles.