

Pome – Lemonade



Pomegranate is a super magic fruit- rich in antioxidant , fiber, vitamin B5 and C. This tasty and flavorful drink is perfect to relax, sit back and watch a beauty of sunset.

Ingredients

- 1 Pomegranate**
- 1 Tbsp of Lemon Juice**
- 1/2 Cup of Water**
- A Pinch of Salt**
- 1-2 Tbsp of Sugar**
- Ice Cubes or Ice water**

Method

- Remove the seeds from the pomegranate without the white pith.
- In a blender or mixie puree the pomegranate with water.
- Transfer to a container then strain using fine strainer if desired.
- Now add lemon juice, sugar and salt.
- Transfer to a glass with ice cubes.

Tips

- Adding 1/4 cup of soda or spirit gives extra twist to the drink.
- Try not to filter it before you drink because the white part we filter has more nutrient in it.



Health Benefits of Pomegranate Juice

- **It promotes heart health.**
- **Lowers blood pressure and stroke risk.**
- **Fight against prostate cancer.**
- **It kills harmful bacteria.**