



Pomegranate Juice "Soda"

DIRECTIONS

Harvest: pomegranates
12 servings

Supplies:

- Large pitcher or bowl
- Cups for serving

Ingredients

- 8 cups (2 quarts) pomegranate juice
- 8 cups (2 quarts) sparkling water
- ½ cup freshly squeezed lime juice
- 3 tablespoon agave or honey
- 2 cups pomegranate kernels
- Mint

Directions

- Mix the ingredients together, adjust seasoning with sweetener and lime juice as needed and serve on ice with mint springs and pomegranate.

Notes

- You could also use smaller quantities of pomegranate syrup instead of the fresh juice for this recipe. If using syrup, use 1 tbsp per cup of sparkling water. In addition to the kernels, students can also garnish their soda with edible flowers and herbs for a garden activity.

Pomegranate Tip - Pomegranates add the perfect amount of crunch and acid to earthier Winter flavors. Top your roasted winter vegetables and salads with fresh pomegranate kernels!

Recipes created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.

