



### *Ingredients:*

- Seeds of one pomegranate
- 1 minced garlic clove
- 4 tablespoons red wine vinegar
- ½ teaspoon sugar
- ½ cup olive oil
- 1 pinch of salt



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Pour dressing over greens or veggies. I like to spread baby arugula and halved cherry tomatoes on a platter, and drizzle the dressing over that, then sprinkle with a few extra pomegranate seeds.

(continue)



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**Ingredients:**

- 5 Whole Pomegranates



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Take 5 whole pomegranates and remove outer hard skin, only using the seeds and pulp. Add to a blender, pour juice through a sieve. Add juice to a small saucepan, add  $\frac{1}{4}$  cup sugar and reduce down liquid till it's thick and rich for approximately 40 minutes.