

RECIPE

Hero Vegetable: Pomegranate

Pomegranate Strawberry Sauce

Ingredients:

Seeds of 2 pomegranates ½ cup strawberry preserves 1 cup pomegranate juice 2 Tbs arrowroot powder 2 Tbs cold water

Directions:

Combine the strawberry preserves and pomegranate juice in a sauce pan over low heat. Cook until the preserves have melted and comes to a low boil. In the meantime, combine the cold water and arrowroot powder in a small bowl. Once the pomegranate mixture has come to a boil, stir in the arrowroot mixture. Boil gently, whisking gently until the sauce begins to thicken. Remove from heat and allow to cool. Stir in the pomegranate seeds.

*You can adjust the amount of preserves according to the tartness/sweetness of the pomegranate. Add this sauce to an ice cream base, oatmeal, or drizzled over French toast and desserts.