

# POM Wonderful®

## 100% Pomegranate Juice

### Pure 100% Pomegranate Juice

- Every 16 fl oz bottle has the juice of four pomegranates.
- No added sugars\*, preservatives, colorants, or artificial sweeteners.

### California Grown!

- We grow, handpick and juice our own pomegranates from our California orchards.

### Antioxidant Superpower®

- Every 8 fl oz serving of POM® has 700mg of polyphenol antioxidants. Antioxidants may help fight free radicals that damage our cells.

### Potassium Powered

- 16 fl oz has as much potassium as two medium bananas (1200mg).



\*Not a low-calorie food. See nutrition information for sugar and calorie content.



POM Wonderful Party Punch



# POM Wonderful Party Punch



## Ingredients:

2 cups POM Wonderful 100% Pomegranate

Juice, chilled

2 cups freshly squeezed Halos (mandarin orange)

or orange juice, chilled

2 tsp. freshly grated ginger

2 cups sparkling/soda water, chilled

2 Halos (mandarin oranges), thinly sliced and  
frozen

8 small sprigs fresh rosemary

## Method:

1. Add the pomegranate juice, mandarin orange juice, and grated ginger to a pitcher and stir to combine. Slowly add the sparkling/soda water and gently stir.
2. Pour into 8 punch glasses, top with the frozen Halos slices and rosemary sprigs, and serve.

## Media Contacts:

Maggie Moon | [Maggie.Moon@wonderful.com](mailto:Maggie.Moon@wonderful.com) | 310-966-8707

[pomwonderful.com](http://pomwonderful.com)





**POM Wonderful Pomegranate  
Juice-Glazed Salmon**

**POM**  
WONDERFUL®

# POM Wonderful Pomegranate Juice-Glazed Salmon

Servings: 4



*Pan-seared salmon topped with a ginger-infused pomegranate glaze.*

## Ingredients:

- ½ cup **POM Wonderful 100% Pomegranate Juice**
- 2 tsp low sodium soy sauce
- 1 tsp finely minced fresh ginger
- 1 small clove garlic, minced
- 1 Tbsp extra virgin olive oil
- 1 ¼ pounds salmon, skin-on, cut into four fillets
- ¼ tsp kosher salt
- 1 Tbsp lime juice
- 1 Tbsp chopped, fresh chives
- Optional: pomegranate arils, if available, for garnish

## Instructions:

1. Preheat the oven to 375°F.
2. Place the pomegranate juice, soy sauce, ginger and garlic in a small saucepan and set over medium heat. Bring to a simmer and cook until slightly thickened, about 10 minutes. Take off heat and set aside.
3. Heat the oil in a large, non-stick skillet, such as cast iron, over medium-high heat. Add the salmon, skin-side up and cook, undisturbed until lightly golden, about 5 minutes. Carefully flip over, brush half of the pomegranate glaze over salmon and place in the oven. Cook until internal temperature reaches 145°F, about another 5-6 minutes.
4. Remove salmon from the skillet and place on plates. Drizzle tops with remaining glaze then garnish with lime juice, chives and pomegranate arils, if using.

**Nutrition per serving:** 260 calories, 29g protein, 6g carbohydrate, less than 1g fiber, 5g sugar, 0g added sugar, 12g fat, 2g saturated fat, 80mg cholesterol, 300mg sodium, 760mg potassium

**Media Contact:** Kristen Wilk, MS, RDN | [kristen.wilk@wonderful.com](mailto:kristen.wilk@wonderful.com) | 310.210.9168





Pomegranate® Cacao  
Breakfast Milkshake

**POM**  
WONDERFUL®

# Pomegranate® Cacao Breakfast Milkshake

Prep time: 5 minutes | Total Time: 5 minutes



This smoothie is great for anyone looking for a convenient way to get plenty of good nutrition. It combines a serving of veggies, protein, healthy fat, fiber, and calcium into a creamy, flavorful smoothie that is easy to sip. The 100% pomegranate juice delivers both sweet and tart flavors and the tofu lends this smoothie a rich creaminess that merits the milkshake title.

Note: Not feeling like sipping? Freeze the smoothie into ice pop molds instead!

## Ingredients:

- 1 cup frozen cauliflower florets or frozen diced zucchini
- 1 tablespoon cacao or cocoa powder
- 8 ounces **POM Wonderful 100% Pomegranate Juice**
- ½ ripe banana, sliced
- 1 cup cubed firm tofu made with calcium (5 ounces), diced  
(note: you can substitute  $\frac{2}{3}$  cup plain greek yogurt)
- 1 tablespoon unsalted pistachios

## Instructions:

In a high powered blender, combine all ingredients and blend on medium power until smooth, about 1 minute. Turn blender up to the highest power and blend until the color of the smoothie changes from a darker shade of pink to a creamy, lighter pink, about 1 minute more.

**Nutrition Information:** 400 calories, 18g protein, 63g carbohydrate, 9g fiber  
48g sugar (0g added sugar), 12g fat (2g saturated fat), 0mg cholesterol,  
36mg sodium, 230mg calcium, 4.5mg iron

## Media Contact:

Kristen Wilk, MS, RDN | [kristen.wilk@wonderful.com](mailto:kristen.wilk@wonderful.com) | 310.966.8610