

# POMEGRANATE SAUCE [VEGAN & GLUTEN FREE]

**Serves:** 10

**Yields:** about 400ml

**Prep & Cooking Time:** ≤ 8mins

**Type:** Dip, Sauce, Dressing

**Tools:** Large measuring jug, whisk, small dish, non-stick pot

**Courtesy of:** Eat2Health Blog



*This delicious pomegranate sauce (dressing or dip) is easy to make and variable depending on what you want to use it for. You can adjust how much starch you use to create your perfect consistency and even experiment by adding a cheeky splash of red wine and/or your favourite spices or herbs for a delicious and unique fusion of flavours! Enjoy it as a dressing over salads or a plate of steamed veggies (mmm broccoli please!) or as a dip/sauce for your plant-based burgers (or bites) or with some tasty crudities! Ready, steady, dip everyone!*

## Ingredients

400ml	100% Natural Pomegranate Juice (or 4 fresh pomegranates/juiced)
1 tbsp	Lemon Juice (fresh or concentrated)
½ -1 tbsp	Fruit Sweetener (*optional)
4 tsp	Potato Starch (*variable)

## Directions

1. Pour the pomegranate and lemon juice into a large measuring jug. Add the sweetener (if using). Whisk together.
2. Place the starch into a small dish with equal parts water. Whisk with a fork to dissolve the flour and until combined; forming a 'slurry'. **Tip:** you might want more or less potato starch depending on whether you are making a dip, sauce or thinner dressing.
3. Pour and whisk the slurry into the measuring jug.
4. Transfer the mixture into a non-stick pot. Place it over a medium-low heat. Keep whisking until the sauce starts to thicken (and/or your desired consistency is achieved); do not allow it to boil. **Tip:** start with a small volume of 'thickener'. You can always add more of this 'slurry' mixture if you want a thicker sauce; just remove the pot from the heat and whisk through. Return to the heat and whisk until your desired thickness is achieved. Remove from the heat. Allow it to cool before storing.
5. Serve warm or cold as a dip, sauce or dressing!

Enjoy!

## Notes:

- Like other 'healthy' and wholesome foods, pomegranate can play a great part in supporting a healthy diet and lifestyle! Originating from the Middle East, this lovely fruit is a good source of fibre but also contains vitamins C, E & K, iron and other antioxidants.
- Refrigerate any leftover sauce in a sterilised, air tight and resealable jar; best consumed within 5-7 days.