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## *Persimmon Mousse with Pomegranate Molasses and Fresh Pomegranate Seeds*

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2 Cups ripe Hachiya persimmon puree, about 4 large soft persimmons  
2 teaspoons baking soda  
1 cup cold water  
3 Tablespoons unflavored gelatin or agar-agar (vegetarian gelatin)  
2 cups apple juice  
2 cups frozen yogurt (Häagen Dazs is delicious)  
1 fresh pomegranate  
Pomegranate molasses (available at Grand Market or Foods of All Nations)  
Fresh mint sprigs, for garnish

### Instructions

Halve the persimmons, pick out any seeds, and then scrape the soft pulp from the skin. Puree, then measure out two cups.

Dissolve the gelatin in one cup of water in a small bowl.

Bring the apple juice to a boil, stir in the dissolved gelatin and continue to cook, while stirring, for 5 minutes. Add the persimmon puree, stir some more, then remove from the heat. Let cool for one minute then stir in the baking soda until incorporated. Pour into a glass bowl, cover with the plastic wrap directly on the surface of the jelly. Chill for at least two hours to set, overnight is better. After it has set, blend it with the frozen yogurt in a blender or food processor until it is whipped. Scoop it into glasses.

Drizzle pomegranate molasses over the mousse. Garnish with fresh pomegranate seeds and a mint sprig.

*Serves 6*

Recipe courtesy of Sarah Lanzman, Chef, Certified Health Coach  
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"Delicious food never healed so good."