STRAWBERRY JAM

Homemade strawberry jam without loads of sugar, steamy pots and sterilizing jars? Yes you can. Ripe strawberries are deliciously sweet on their own; a few tablespoons of coconut sugar add a rich, caramelized flavor in this easy DIY recipe. Chia seeds are not only fiber- and protein-rich, they also turn into gel when moistened, so they set this jam without packets of pectin.
We serve the jam on Ezekiel toast with a smear of cinnamon and vanilla-scented cashew butter, another easy DIY spread that comes together in seconds.



Ingredients:

- 1 pint organic strawberries, sliced
- 2T coconut sugar
- 1T lemon juice
- 2T chia seeds
- 1/2 cup cashew butter
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 4 slices whole-wheat or gluten-free bread

Directions:

Combine strawberries, sugar and lemon juice in a small saucepan. Bring to a simmer over medium-high heat, stirring frequently. Reduce heat to low, cover and cook, stirring frequently, until the fruit has broken down and given off its juices, about 10 minutes. Remove from heat, stir in chia seeds and transfer to a clean glass jar. Let cool uncovered.

In a small bowl, stir together the cashew butter, cinnamon and vanilla. Toast bread and spread each slice with 1 tablespoon cashew butter (reserve remaining butter for another use). Spoon 2 tablespoons of jam over top of cashew butter (store remaining jam in the refrigerator for up to 1 week). Serve immediately.

Makes 1 cup of jam. Serves: 4 | Serving Size: 1 slice bread, 2 tablespoons cashew butter, 2 tablespoons jam.

NUTRITION PER SERVING:

(per serving) Calories: 342; Total Fat: 20g; Saturated Fat: 4g; Monounsaturated Fat: 10g; Cholesterol: 0mg; Sodium: 250mg; Carbohydrate: 37g; Dietary Fiber: 7g; Sugar: 17g; Protein: 8g

Reference: MyFitnessPal.com