



Homemade Strawberry Jam

Ingredients

- 1, $\frac{3}{4}$ cup of strawberries, washed, cut, and quartered
- 2 TBSP water
- 1 tsp chia seeds
- 1 tsp lemon juice
- 1 TBSP maple syrup (optional)

Directions:

1. Add strawberries to a saucepan with water
2. Place lid on saucepan and bring to a boil
3. Reduce to a simmer, cook for about 15 minutes
4. Add lemon juice; Mash strawberries and cook on low for an additional 30 minutes, stirring regularly
5. Allow to cool and taste; If needed add 1 TBSP maple syrup or sweetener of choice; Store in a glass jar in the fridge

Cost: 

Ease: 

Health Benefit: Strawberries and lemons contain vitamin C for immune health and are low in sugar. Chia seeds contain healthy fats for heart health.

Equipment

Saucepan

Potato masher or large fork

Fare  Meals
by Arielle