

Strawberry Honey Jam

20 SERVINGS 45 MINUTES



INGREDIENTS

6 lbs Strawberries
3 3/4 cups Raw Honey
2 eas Apple (Granny Smith)
1 1/2 tbsps Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	233	Iron	1mg
Fat	0g	Vitamin D	0IU
Carbs	64g	Folate	33µg
Fiber	3g	Magnesium	19mg
Protein	1g	Zinc	0mg
Vitamin C	81mg		

DIRECTIONS

- 01 Hull stawberries and cut in half. Place in a large stockpot.
- 02 Cut the sides of the apples away from the cores and grate. Place into the pot with the strawberries.
- 03 Add the lemon juice to the apple and stawberry mixture.
- 04 Pour the honey into the pot and stir.
- 05 Heat mixture on high until boiling, stirring constantly. As soon as the mixture begins to boil, reduce heat to medium low and simmer.
- 06 Simmer for 15 minutes or until the fruit becomes soft. Using a potato masher, mash the fruit so there are no recognizable sections.
- 07 Simmer for another 15-45 minutes stirring constantly, the longer the mixture simmers the thicker the consistency.
- 08 Allow jam to cool and transfer to storage.

NOTES

RECIPE ID 710

NOTE

The final jam will not be as thick as jam made with sugar or pectin.

SOURCE

Cindy Frei