

Easy Strawberry Jam



INGREDIENTS:

- 3 cups strawberries
- $\frac{3}{4}$ cup of sugar or $\frac{1}{3}$ cup chia seeds
- 2 tablespoons lemon juice
- Pinch of salt

INSTRUCTIONS:

- 1 Wash the strawberries and remove the green tops, and chop into chunks.
- 2 Add the strawberries, sugar (if using), lemon juice, and salt to a saucepan.
- 3 Stir over medium-low heat until the sugar is broken down and dissolved.
- 4 Increase the heat to medium-high and bring the mixture to a rolling boil.
- 5 Stir frequently and mash the strawberries as you stir.
- 6 Continue to boil the mixture until the jam is thick and bubbly (*about 8-10 mins*).
- 7 If using chia seeds instead of the sugar add them to the mixture now and stir.
- 8 Transfer the jam to a jar and let it cool to room temperature.
- 9 Seal jars and store in the refrigerator for about 10 days or freeze for later.

Taste!
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