

# Strawberry Jam

## Ingredients

- 2 c fresh strawberries, chopped
- ½ c monk fruit (see #1 in notes)
- 1 TB of lemon
- 1 TB vanilla
- 1 pouch of liquid pectin (see #2 in notes) optional



## Instructions

Put all ingredients into a pot on medium heat. Bring to a boil and stir occasionally for 10 minutes. Turn heat down and simmer for another 10 minutes until you have a thick consistency. Cool if keeping your jam in the refrigerator. It will keep for two weeks in a glass container. If sealing your jars, see # 3 in notes.

## Notes

**1.** This amount of monk fruit makes a very sweet jam. I use this amount because it suits my husband but just for me, I would use less. I buy my monk fruit in bulk at a local grocery. If you can find it in bulk, it is far cheaper although more pricey than white sugar. Monk fruit usually comes mixed with erythritol. I haven't found it as a pure product to buy but if you do it is VERY expensive. Monk fruit is sweeter than white sugar, so you generally need less.

**2.** I used Certo. (I looked at powdered pectin and felt it had some fillers that were not good for insulin resistance. The liquid seemed to have less issues and so I choose to use that. However, pectin itself does not raise insulin and so use your own discretion here.

The original recipe I looked at didn't use any gelling agent. It just had you cook down the product until it had a thick consistency. I wanted a more gelled texture like you would find in regular jam, so I choose to experiment with the liquid pectin.

I used 10 cups of berries and one pouch of liquid pectin. Later, I noticed the box suggested 1 pouch per 2 cups of berries. My jam has a very nice consistency but isn't as dense as what you buy in the store. However, when I make it again, I will keep the 10 to 1 ratio.

If you only make one batch, using 2 c of berries, you will need to experiment with the amount of pectin you use.

**3.** You can use a water bath canner to seal your jam jars. You place the jars in the canner and boil for 20 minutes. I did something different that worked as well. After my jam was ready to bottle, I brought it back to a boil, so it was very hot. I had my jars, lids, and rings in boiling water as well. Then I ladled the hot jam into the hot jars and twisted on the hot lids. They sealed themselves in about 5 minutes. It has been a few days and the seals are holding.

**4.** 10 cups of chopped berries resulted in 3 ½ pints of jam



5. After we opened the first jar and put it in the refrigerator, I noticed that it had sugary chunks in it. I know that monk fruit doesn't dissolve like white sugar. That could have been the issue. The Certo may have affected the monk fruit and caused the crystallization. I will not know until I make another batch of jam which won't be until spring. I do not mind the crystals, but it does make the jam crunchy. My husband isn't as fond of it, but he is grateful to have jam.

If you do not want to deal with the crystals make your jam without the Certo and cook it down so that it is as thick as you need it to be. : )