

STRAWBERRY JAM



Recipe developed by Chef Paige Vondran

| | Ingredients | Exchanges |
|--------------|--|------------|
| Fat | 4g coconut oil ----- | 1 ----- |
| | 7g butter | 1.4 |
| Carbohydrate | 15.6g fresh strawberries | 1.3 |
| Other | ½ tsp. cold water ----- | |
| | ¼ tsp. Da Vinci® Sugar Free Vanilla Syrup ----- | |
| | 1 tsp. Walden Farms® Strawberry Fruit Spread | |

DIRECTIONS

- Weigh the ingredients using a gram scale.
- Blend all of the ingredients in a small food processor or blender.
- Serve chilled or store in the refrigerator for future use.

VARIATIONS

- This is a very forgiving recipe; amounts of the ingredients can be adjusted as needed.
- Other fruits/berries can be used in this recipe such as raspberry, blackberry, pear, etc.
- In the photo above, the strawberry jam is served with the [keto bread recipe](#) listed on our website.