

Prune Jam

PREP TIME: 2-3 MINS

YIELDS: -1/2 CUP

COOK TIME: 20-25 MINS

Ingredients

- 1/2 cup prunes, pitted
- 1/2 cup water, filtered

Qualities

Texture: Thick/gelatinous

Rating for Scent : 2/10

Spice Level: 0/10

Recipe Benefits

- High Calorie Potential
- Promotes Gut Health



Nutrition Content for 1 Tbsp

Calories: 26kcal

Carbohydrates: 6.9g

Fat: 0g

Fiber: 0.8g

Protein: 0.2g

Added sugar: 0g

Sodium: 0.4mg

Directions

1. Combine the prunes & water together in a small saucepan.
2. Cook over a low-medium heat for 20-25 minutes to soften and rehydrate the prunes, stirring often.
3. If additional water is needed due to evaporation, add as needed.
4. Mash the prunes to create a paste consistency. If the prunes are not mashing well (see notes), transfer mixture to a blender and blend until smooth.
5. Store in the refrigerator in a sealed container.

Chef Tips/Adjustments

- Prunes can also be softened in the microwave (versus stove top) by combining with water in a small bowl, then microwaving for 2-2.5 minutes. Every 30 seconds-1 minute, the prunes should be mixed & mashed with a fork.
- Sprinkle ground cinnamon into mixture for additional flavor.
- This jam makes a delicious pairing with peanut butter & toast or crackers & cheese.

