

Homemade PB & J

Yield: 1 ½ cups peanut butter and 2 cups jam

Ingredients:

4 cups strawberries, hulled and quartered
1 ½ cups sugar
juice of one lemon
zest of one lemon

1 pound roasted peanuts
kosher salt to taste
1 tablespoon chia seeds



- Step 1:** In a medium-size pot over high heat combine strawberries, sugar, zest and lemon juice. Stir and reduce heat to medium cooking until bubbles form. Reduce heat again to low and continue to cook for one hour – stirring often so that the mixture does not burn. The liquid should reduce and mixture should thicken up. Remove from heat, cool and refrigerate. Jam will thicken more as it fully cools. This keeps in the fridge for two weeks in an air-tight container.
- Step 2:** Using a food processor, blend peanuts and salt (if your peanuts have no salt, start with one teaspoon and taste) together until a loose paste forms. Add chia seeds and pulse to combine. Carefully remove peanut butter to an air-tight container. Peanut butter will keep in refrigerator for at least 2 weeks.
- Step 3:** Using your favorite bread, spread one slice with peanut butter and the other with your homemade strawberry jam. Yum!