

Easy and Healthy Mango and Strawberry Jam

I frequently wonder how I can enjoy eating healthy jam with my favorite fresh fruits and easy to prepare. For me, my nightmare is to eat unhealthy food that adds no benefits to my body, even if it makes it worse. I came with an easy and healthy mango and strawberry jam with nutritional values.

What makes it Easy and Healthy

When it comes to jams, I become so disappointed with the traditional jam recipes, which take too long to cook and lose all the delicate strawberry flavor. What makes this jam special and unique from any other jam's recipes is its easy preparation and the nutritional values of protein, fat, carbohydrates, and low sugar added. The recipe consumes very low calories in-take in comparison with the other recipes despite having honey as one of its main ingredients.

The ingredients and instructions of this easy, delicious and healthy jam.

If you want to try this yummy taste, you don't have to worry about planning ahead for this recipe.

You need to have;

- *Two cups of fresh strawberries and mangos.*
- *⅓ cup of honey.*
- *½ cup of water.*
- *A tablespoon of concentrated lemon.*
- *3 tablespoons of chia seeds.*
- *A jar.*

First, rinse two cups of fresh or frozen strawberries or mangos, add a half cup of water, a 1/3 cup of honey, and one tablespoon of *concentrated lemon*, and add three *pf* *tablespoons of chia seeds*.

Second, bring the mixture to a boil slowly and blend it over medium heat until the sugar dissolves. Once the fruit starts to fall apart, use a potato masher to break them up. About 20 minutes, add the chia seeds.

If you like it smoother, pour the mixture into the blender and pulse a few times till you find your desired taste.

Finally, pour it into a mason jar and refrigerate and leave it for a couple-few hours until the texture is a little more firm.

You can serve it with ice cream or yogurt or enjoy it on toast bagels. Do not miss this healthy taste that starts with your mouth, yet dwells in your heart.

Now, the long-awaited chance to use a fruit I've only eaten fresh.... but never tried to preserve! Here's the mango ... doesn't look too special does it? But, with a quick slice of the knife, peeling off the skin and releasing it from the rather large, long & skinny pit, is the luscious, sweet tasting fruit! Two pounds of strawberries, washed and sliced