

Keto Roasted Strawberry And Rhubarb Jam

Description

This jam is amazing and ready in less than 30 minutes.

Prep time: Five minutes

Total time: Twenty minutes

Servings: One and half cups

Ingredients

28 oz of strawberries, hulled (8 oz)

8 oz of rhubarb, sliced

1 tablespoon of water (15 ml)

1/2 teaspoon of vanilla powder or 1 1/2 teaspoon of sugar-free vanilla extract

1/2 teaspoon of ginger powder

1/2 teaspoon of cinnamon

Instructions

1. First, preheat the oven to about 425 degrees F, then cut the strawberries in half. Next, cut the rhubarb. Transfer the rhubarb and strawberries to a baking sheet lined with parchment paper.
2. Next drizzle some water on it, and then sprinkle with the vanilla, cinnamon powder, and ginger. Then transfer to the oven and bake for about fifteen minutes. Combine and remove the baking tray from the oven. Place on a cooling rack for five minutes.
3. Transfer the roasted rhubarb and strawberries into a mixing bowl. Mash them using a fork until chunky and smooth.
4. You can serve with coconut yogurt or preferred jam. This can be stored in the refrigerator for one week.