



Fresh Fig Jam

Ingredients:

- ½ pound fresh FIGS, stems removed
- ½ cup XYLITOL
- ¼ cup WATER
- ½ to 1 T. LEMON JUICE

Directions:

1. Remove stems from figs and set in a bowl of cool water for 20 minutes.
(I haven't the foggiest idea why this is necessary, but I wasn't about to question the experts!)
2. Bring water and xylitol to a boil.
3. Add figs, bring to a hard boil for one minute, and then turn heat down to simmer for 30 minutes.
4. Let the mixture cool for a few minutes
5. Pour mixture into a blender, add lemon juice, and puree until it reaches the consistency of jam.

This jam should keep for at least a week in your refrigerator. (One cook suggested adding a small bit of xanthan gum to the cooking process if you find that your jam is crystallizing in the refrigerator, which CAN happen when using xylitol to sweeten SOME jams, though I'm not sure about *this* recipe.)

This recipe is from The Fit and Healthy Woman:

<http://fitnhealthywomen.weebly.com/1/post/2013/09/healthy-and-sugar-free-fig-jam.html>