

# ***FFF Fig, Honey, and Cardamom Jam***

*Recipe By: Fiscallyfitfoodie.com -- James B.*

*Serves 20 – Prep Time: 5 min, Cook Time: 15 min*



## **Ingredients**

- 2.5 c extremely ripe figs (about 20-25 figs), halved
- 1/2 c honey
- 3 tbsp warm water
- 1 tsp green cardamom pods – toasted, crushed with mortar/pestle, and husks removed
- 2 tbsp lemon juice (one small lemon's worth of juice)

## **Directions**

1. Toast the cardamom pods in a skillet for 1-2 minutes on medium heat.
2. Crush cardamom pods with mortar and pestle, remove and discard most of husks (the green outer layer of the cardamom pod)
3. Add figs, honey, water, and cardamom to a food processor/blender and combine until smooth.
4. Cook on medium heat in a non-stick skillet for approximately 6-8 minutes. You want a slightly thick consistency to the jam.
5. Add the lemon juice and cook for about 2 more minutes on medium heat.
6. Put mixture into sterilized jars and boil filled jars for about 5 minutes to seal.
7. Serve with cheese, bread, crackers, yogurt, ice cream, etc.

Nutrition (per serving...20 servings total for recipe): 40 calories, 11g carbs, 0g fat, and 0g protein (calculated with [www.myfitnesspal.com/recipe/calculator](http://www.myfitnesspal.com/recipe/calculator)).