



Mustard Apricot Jam

Maintenance to be mixed into your Apricot Jam: Mustard seed

Can purchase an apricot jam of your choice. Mix mustard seed maintenance into 1-2 tablespoons of apricot jam then use it as a spread on toast or sausage meat of your choice

Note: Recipe makes 3 small jars (2 cups / 650ml)

Ingredients to make apricot jam:

- 2 pounds Apricots
- 1 cup granulated sugar
- ¼ cup lemon juice, freshly squeezed (60ml)
- ½ cup water (125ml)



Instructions:

- Wash, half and pit apricots. Throw them in a pot with a wide bottom. Add water and simmer for 10 minutes, stirring almost constantly
- After 10 minutes, apricots will turn into a mash. Add sugar and lemon juice. Stir and simmer on low heat for 40 minutes or until it thickens and the apricots are completely mushy.
- To see if the jam has thickened, pour some of it onto a small plate that was previously in the freezer. Let it cool down. Now make a line through the jam with your finger. If jam fills the space (drawn line), it's not quite thick yet so continue to simmer. If it doesn't, you can start filling your jars.
- Pour or spoon the jam into jars and seal with a lid. Ensure it is airtight.
- If not airtight, place in a fridge and eat within the week.
- When ready to eat, measure out 1-1.5 tablespoons of apricot jam, then mix in your mustard maintenance.
- Once mixed, spread jam on toast. Enjoy!

Storage:

- To check if the lids are properly sealed, simply tap/push down each lid. If it doesn't pop up or down, it's sealed. If the lid does pop up or down, it's not airtight.
- Place non-airtight jars in the fridge and serve within the week
- If airtight, store on shelves for 2-3 months.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: N/A