

# Mark's Kitchen

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## Sumac Tomato Jam with Pine Nuts

Not all jams need to be sweet. This tangy blend from [Moon Juice Cookbook](#) works as a topping for crackers and nut cheese, fruits and veggies, or unsweetened coconut yogurt for an unconventional but delicious breakfast. In addition to the pine nuts, you can use fresh mint, parsley, basil or oregano as a garnish.

MAKES: 2 CUPS

PREP TIME: Overnight soak + 5 minutes for blending

### Ingredients:

- 1 ½ cups warm water
- 1 cup unsalted sun-dried tomato
- 1 clove garlic
- 1 tablespoon ground sumac
- ¼ teaspoon ground cumin
- ½ teaspoon apple cider vinegar
- ¼ teaspoon sea salt
- ¼ cup extra-virgin olive oil
- 2 tablespoons pine nuts, for garnish

Step 1: Pour the warm water over the sundried tomatoes and soak overnight.

Step 2: The next day, drain the tomatoes, reserving the soaking water.

Step 3: Place the tomatoes in the food processor with the garlic, sumac, cumin, vinegar and salt and process until finely chopped. Add the oil and half the reserved soaking water. Blend until the jam is fully pureed. Serve garnished with the pine nuts. Transfer to a covered container and store in the refrigerator for up to 1 week.

Nutritional analysis per serving: Calories: 370, Fat: 35 g, Saturated Fat: 4.5 g, Cholesterol: 0 mg, Fiber: 4 g, Protein: 5 g, Carbohydrates: 17 g, Sodium: 776 mg