

Blueberry Jam

JAM

VEGAN, GLUTEN FREE, DAIRY FREE, CORN FREE, SOY FREE

serves: 2 cups
active time: 10 min
total time: 2.5 hrs

INGREDIENTS

- 3 cups blueberries (I used strawberries, blackberries, and blueberries)
- 1/2 cup maple syrup
- 2 Tablespoon lemon juice

INSTRUCTIONS

1. Place berries into a medium saucepan. Using a potato masher, mash the berries. Add all remaining ingredients. Bring to a simmer and cook, stirring occasionally, until thick, 50-55 minutes.
2. Cool at room temperature for about 1.5 hours. Refrigerate in air tight container for about a month.

Coreen Murphy