



Berry Jam

Who knew making your own jam could be so simple? Only 3 simple ingredients and no added preservatives and so many ways to use it. Mix it into some yogurt with granola for a parfait, spread it on toast, sweeten up your oatmeal, or upgrade a classic PB&J. The berries are bursting with fresh flavor while also providing a variety of antioxidants.

Serves: 60

Serving Size: 1 T

Ingredients:

- 6 cups fresh or frozen berries (blueberries, raspberries, strawberries, blackberries)
- 2 cups sugar
- 2 T lemon juice

Directions:

1. In a large saucepan, add the berries, sugar and lemon juice. Gently stir the berry mixture and bring to a boil over medium-high heat. Reduce to a soft boil on medium heat and cook, uncovered, stirring frequently, for about 20 minutes or until the jam has thickened.
2. To test the thickness of the jam, at the start of cooking time place a few spoons or ceramic ramekins in the freezer for 10 minutes. Take out one spoon or ramekin and add a dollop of jam to the back of the spoon or ramekin. If it mostly sets, you're ready to go. If it's too runny, cook and test in 5 minute increments until the jam sets on the spoon.
3. Transfer jam to a glass jar with a fitted lid and store in the refrigerator for up to 2 weeks.

Nutrition Info per 1 T serving:

Calories: 34, Saturated Fat: 0 g, Sodium: 0 mg, Added Sugars: 6.7, Fiber: 1 g, Protein: 0.1 g

Recipe adapted from:

<https://www.foodiecrush.com/20-minute-berry-jam/#recipe>