

Homemade Jam

This jam is so delicious and easy to make you will never buy the store bought stuff again!

Prep:
0 minutes

Cook:
15 minutes

Ready In:
15 minutes

Servings:
10



Ingredients

1 lb frozen fruit (raspberries, strawberries etc)

juice of 1 lemon

1 tbsp sugar or 1 tsp stevia

1/4 tsp vanilla extract

1/4 tsp salt

1/4 cup water

Instructions

1 In a saucepan over high heat add in all of your ingredients and bring to a boil.

2 Reduce heat to a simmer and cook for 10 minutes.

3 Tip the saucepan to the side and lightly blend the sauce with an immersion blender.

4 Bring back to a boil, then reduce the heat to a simmer and cook until it thickens to your liking. I cook it for about another 5 minutes.

5 Pour into a mason jar and store in the fridge. Enjoy on toast, over pancakes or on your morning oatmeal.