

Simple Jam – No Pectin Needed

Strawberry Jam

- 2 cups strawberries-fresh or frozen
- ¼ cup sugar
- 2 Tbsp orange juice + 1 Tbsp zest (zest is optional)

Blueberry Jam

- 2 cups blueberries fresh or frozen
- ¼ cup sugar
- 2 Tbsp lemon juice + 1 Tbsp zest (zest is optional)



INSTRUCTIONS

Cook: Berries, sugar, juice, and zest in a heavy saucepan over medium heat and cook, uncovered, until berries begin to soften, about 5-8 minutes. Use a potato masher or fork to mash the berries, then decrease heat to medium/low and let simmer 20-30 minutes, stirring occasionally to avoid sticking.

Cool: Remove from heat, and allow to cool, mixture will thicken as it cools. Transfer to a glass jar with lid, store in refrigerator and use within 2 weeks...But it won't last that long!