

Food Babe's Homemade Fruit Jam (4 Flavors!)

Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	20 mins	25 mins	8



<https://foodbabe.com/homemade-fruit-jam-4-flavors-without-corn-syrup-and-refined-sugar>

Strawberry Jam:

- 3 cups fresh strawberries, halved
- 2 tablespoons fresh lemon juice
- 2 tablespoons raw honey (get local if possible)

Blueberry Jam:

- 2 ½ cups blueberries
- 2 tablespoons fresh lemon juice
- 2 tablespoons raw honey (get local if possible)

Raspberry Jam:

- 12 ounces raspberries
- 2 tablespoons fresh lemon juice
- 2 tablespoons raw honey (get local if possible)

Mixed Berry Jam:

- 3 cups mixed fresh berries
- 2 tablespoons fresh lemon juice
- 2 tablespoons raw honey (get local if possible)

Instructions:

1. Place all of the ingredients in a small pot over medium heat.
2. Cook until the fruit begins to break down, mashing slightly to release the juices.
3. Turn the heat to low and continue to cook for 15 to 20 minutes or until thickened. You can tell if it's done by placing a clean spoon in the jam and making a path down the center with the back of the spoon. If the path remains clean that means it is thick enough. Frozen fruit will take longer.
4. Take off the heat and let cool before placing in the fridge. Store in the refrigerator or freezer.

Notes:

- You can substitute coconut sugar for the honey if you'd like to make vegan jam.
- Jam can be stored in the fridge for 2 to 3 weeks and in the freezer for up to 3 months
- Please use all organic ingredients if possible.