

Low Sugar Raspberry-Blueberry Jam

Number of Servings: 5

Ingredients

2 cups mashed raspberries
2 cups mashed blueberries
2 teaspoons calcium water
2 Tablespoons lemon juice
½ cup up to 1 cup honey or ¾ cup up to 2 cups sugar
(I used 1¼ cups sugar.)
2 teaspoons Pomona's Pectin powder

Instructions

1. Wash jars, lids, and bands. Place jars in canner, fill canner 2/3 full with water, bring to a boil. Turn off heat, cover, and keep jars in hot canner water until ready to use. Place lids in water in a small sauce pan; cover and heat to a low boil. Turn off heat and keep lids in hot water until ready to use.
2. Measure mashed raspberries and blueberries into sauce pan.
3. Add calcium water and lemon juice, and mix well.
4. Measure sugar or room temperature honey into a bowl. Thoroughly mix pectin powder into sweetener. Set aside.
5. Bring fruit mixture to a full boil. Add pectin-sweetener mixture, stirring vigorously for 1 to 2 minutes to dissolve the pectin while the jam comes back up to a boil. Once the jam returns to a full boil, remove it from the heat.
6. Fill hot jars to ¼" of top. Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. Boil 10 minutes (add 1 minute more for every 1,000 ft. above sea level). Remove from water. Let jars cool. Check seals; lids should be sucked down. Eat within 1 year. Lasts 3 weeks once opened.

Recipe from Pomonapectin.com