

ONE BITE

VEGAN MAGAZINE

Perfect Creamy
**Turmeric
Latte**

IG WORTHY
FIG & COCONUT
CREAM TOAST

Swirly Cinnamon Rolls
with Tofu Icing

*Tofu Spread with
Dried Tomatoes*

Rich Arugula-Pecan

**CHEESY
SPREAD**

Smoky Baba Ganoush Dip



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Low Sugar Blueberry Lavender Jam

By: Jennifer Prentice



What better way to preserve the blueberry harvest than to make some delicious low sugar Blueberry Lavender Jam? A hint of lavender takes traditional blueberry jam over the top!



Every year, the kids and I go blueberry picking (and if my husband isn't working, he comes too!) Our tradition started long ago when the kids were toddlers and they ate much more than they ever dropped in the bucket! Some things never change!

Our goal every year is to pick 100 lbs to freeze for snacks and smoothies. Sometimes we make it (like this year!) and sometimes we don't. It's just one way we eat healthy on a budget. Needless to say, my family loves blueberries!

While we primarily pick blueberries for snacking and smoothies, since my pantry was totally wiped out of homemade jam, I decided to reserve some of our berries for blueberry jam—but not just plain ole blueberry jam, I

wanted something more special than that.

If you follow me on Facebook or Instagram, you know how much I love experimenting with different jam recipes—and the more usual, the better! They make such great gifts!

One of my favorite homemade herbal kombucha flavors lately has been blueberry lavender so I decided to give blueberry lavender jam a whirl. It came out delicious! It is truly amazing how just a hint of lavender can take traditional blueberry jam over the top!

My family went absolutely crazy over it and I need to make more—much more! I hope you enjoy this recipe as much as we do!



Low Sugar Blueberry Lavender Jam Recipe Yields 6 half pints

INGREDIENTS:

- 6 cups mashed fresh or frozen & thawed blueberries
- 1 cup unsweetened apple juice (preferably organic)
- 1 1/2 cups organic cane sugar
- 4 1/2 tbsp bottled lemon juice
- 4 1/2 tbsp Low Sugar/No Sugar Pectin (I used Ball RealFruit Low or No Sugar Needed Pectin)
- 1 tbsp dried lavender buds

INSTRUCTIONS:

1. Add mashed blueberries, apple juice, lemon juice and lavender buds to a large stainless

steel pan or dutch oven.

2. Gradually stir in the pectin and bring to a rolling boil that cannot be stirred down.
3. Stirring constantly, add the sugar and bring back to a rolling boil that cannot be stirred down.
4. Boil for 1 minute and remove from heat.
5. Ladle your jam into hot, half pint jars, leaving 1/4 inch of headspace. Skim off any foam and process in a water canner for 10 minutes.

Notes

If using a brand other than the Ball RealFruit Low or No Sugar Needed Pectin, be sure to read the instructions that come in the package. Different brands may have you add the ingredients in a different order.



ABOUT THE AUTHOR

Hi! I'm Jen. My passion for health and wellness has led me in so many unexpected directions, all of which I'll be sharing on my blog, My Healthy Homemade Life. You'll find everything from my family's favorite healthy recipes, herbal home remedies, DIY beauty recipes, gardening tips and more. Our health journey continues as we face new challenges and learn more. I hope you'll join me as I share with you my adventures in pursuing health and wellness. Find my recipes and more on my website Myhealthyhomemadelife.com!

