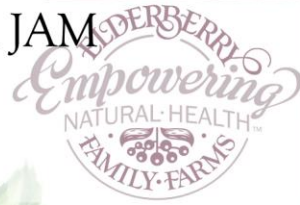


ELDERBERRY BLUEBERRY FREEZER JAM

Ingredients:

1 ½ cups fresh or frozen (thawed) blueberries
1 cup prepared elderberries, from dried whole elderberries (see instructions)
½ cup lemon juice 1 cup honey
½ tsp cinnamon 3 TBS Sure-Jell pectin (pink box)



Cover ½ cup dried whole elderberries with ¾ cup boiling water and soak overnight. In a blender, pulverize the berries into a pulp. Press the pulp through a fine strainer until all the thick juice has been removed from the seeds and fiber. Discard the seeds and fiber.

Combine the pressed elderberry juice, blueberries, cinnamon and lemon juice in a saucepan. Mash the blueberries with the bottom of a flat glass until mashed thoroughly. Bring mixture to a boil, then add honey and stir until dissolved. Return to a boil and continue to boil for 2 minutes stirring occasionally.

Stir in the pectin and return the mixture to a full boil and boil hard for exactly 1 minute. Remove from heat and pour into jars or freezer containers. Allow to cool to room temperature before sealing and refrigerating. The jam will gel as it cools.

This jam may be stored in the refrigerator for 3 weeks and in the freezer for up to six months.

Recipe by Anne Marck

Elderberry jam? Maybe this berry doesn't seem like a good choice for jam making. But when combined with honey and our secret blend of lemon and spices, it is nothing short of awesome! The dark intense flavor of this berry makes amazing jam. Who knew!?

Not only does it taste amazing, but it's also a great way to get your daily dose of elderberries.

A guilty pleasure. Without the guilt!