

Blueberry Jam

Sophie Pisarczyk

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 3 cups or 4 six-ounce jars

2 1/2 cups blueberries

3 cups sugar

1/3 cup orange juice

1 tablespoon lemon juice

1 bottle (3 ounce) fruit

pectin

Wash the blueberries. Crush in a steel pan.

Add the sugar and fruit juices. Mix well. Bring to a boil. Boil hard for 1 minute, stirring constantly.

Remove from the heat. Stir in the pectin.

Seal in hot sterilized jars.

Refrigerate.

(Can be kept for two months.)

Per Serving (excluding unknown items): 2566 Calories; 2g Fat (calories from fat); 3g Protein; Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 29mg Sodium; Exchanges: 4 Fruit; 40 Other Carbohydrates.