



wild blueberry jam

INGREDIENTS (MAKES ONE 8-OUNCE JAR)

- 4 cups of wild blueberries
- 1/2 cup of maple or birch syrup
- 1 tablespoon of lemon juice
- optional*
- 2 teaspoons of finely chopped wild mint

Combine ingredients in a saucepan and bring to a boil. Simmer ingredients and stir occasionally for 20–30 minutes until thickened. Once the jam has cooled to room temperature, pour into a sterilized glass jar and store in the fridge.

The jam will keep for a week refrigerated.

There are no preservatives in this recipe.