



Easy Blueberry Jam*

Ingredients

- 1 cup of fresh (or frozen) blueberries
- ½ –1 cup water, or enough to cover the blueberries by one inch
- ⅓ cup water—later to add to the corn starch
- ½ Tbsp non-GMO corn starch
- ½ –1 Tbsp maple syrup or sweetener of your choice

Instructions

Take the blueberries, and the water and heat to medium heat. Stir the mixture, the berries will fall apart, then smash the blueberries in the pan. Add the maple syrup. Next add about ⅓ cup water to a small bowl and mix the corn starch in the water. Pour the corn starch water into the blueberry mixture slowly. It will thicken up. Let this cool a bit in the refrigerator covered. It should be good for 2–4 days. Great on pancakes, bread etc.

So easy to make.



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