

HONEY SWEETENED BLUEBERRY JAM

BY MARISA MCCLELLAN OF [FOOD IN JARS](#)

INGREDIENTS

- 1 quart blueberries (approximately 1½ pounds)
- ¾ cup honey (8 ounces)
- ½ lemon, juiced

INSTRUCTIONS

1. Pour the berries into a low, wide, non-reactive pan and mash.
2. Add the honey and lemon juice and stir to combine. Let the mixture sit until the honey begins to dissolve.
3. Place the pan on the stove and bring to a boil. Cook, stirring regularly, for 10 to 12 minutes, until the jam thickens.
4. To make the jam shelf stable, pour it into clean, hot jars. Apply lids and rings and process in a boiling water bath canner for ten minutes.
5. When time is up, remove jars from the canner and place them on a folded kitchen towel and let them cool.
6. When the jars are room temperature, check the seals. If the lids have gone concave and don't wiggle at all, they are sealed.
7. Any unsealed jars should be refrigerated and used within a few weeks.
8. If you don't want to process the jam, just pour it into a jar, let it cool, and put it in the refrigerator.

NOTES

We recommend [organic ingredients](#) when feasible.