

PLUM, BLUEBERRY AND MANUKA HONEY JAM

from
Sheryl's Kitchen

Ingredients

1kg (35.3oz) fresh plums, remove the stones and chop into quarters

350g (12.3oz) bag frozen organic blueberries (raspberries are also great)

Juice of 2 mandarins (as that's what I had), but an orange or lemon is just as good.

1 tsp pure Vanilla

1/2 cup Chia Seeds

1-2 tbs Steens Raw Manuka Honey

Method

1. Pop all the above into a pot and slowly bring to heat giving the mix the odd stir until the plums are cooked through. Remove from heat and allow to cool off. Using any kind of blender (I use a stick one), blend up to a smooth consistency.
2. Add 1-2 tablespoons Steens Raw Manuka Honey, make sure your jam has cooled down as you want all the benefits of the raw honey and you get them in the recipe and ½ cup of chia seeds, give another good whizz.
3. Put into jars, cover, and store in the refrigerator. Let it sit overnight to give the chia seeds time to swell and set the jam. This makes around 5 jars and will last for a couple of weeks in the fridge.



New Manuka Honey

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