

BLUEBERRY JAM WITH XAGAVE NATURAL SWEETENER

- **3 - 3 1/2 cups fresh or frozen blueberries**
- **3/4 cup XAGAVE NATURAL SWEETENER or honey**
- **One lemon**
- **1 Tbsp. instant clear or cornstarch**

Measure cleaned blueberries into a 6 qt. Pressure cooker For every cup of blueberries add 1/4 cup of the Xagave. Wash one lemon and zest is and add zest to pot. Squeeze lemon juice from 1/2 lemon and add. With pressure lid on bring cooker to high pressure and reduce heat to low and cook for 4 min. Remove from heat source and let pan sit for 20 -30 min., releasing pressure gradually. Use a potato masher to break up berries and sift in about 1 Tbsp. instant clear gel. or cornstarch to thicken if desired. When making jam in regular stainless steel pot, bring ingredients to bol, immediately reduce heat and simmer for 1/2 hr. stirring occasionally.

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