

Green TOMATO BLUEBERRY JAM

Get rid of the preservatives and try this all natural, fresh, flavorful jam. Made of green tomatoes & blueberries, you will be happily surprised.



DIRECTIONS:

- Coarsely chop green tomatoes and stem blueberries.
- Pulse blueberries and tomato in a blender or food processor until mixture is smooth.
- Cook blueberry mixture, 1 cup water, and sugar in a Dutch oven over medium heat, stirring constantly, until sugar dissolves.
- Add remaining ingredients. Bring to a boil; cook, stirring constantly, until mixture thickens.
- Pour hot mixture into hot jars, filling to 1/4 inch from the top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.
- Process in boiling water; bathe for 10 minutes.

Nutrition Facts	
Serving Size (49g) Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 0g	
Vitamin A 2%	Vitamin C 10%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 15 Minutes
Cook time: 40 Minutes
Serves: 20 People

INGREDIENTS:

- 4 large Green Beefsteak Tomatoes
- 5 cups fresh blueberries
- 1 cup water
- 1 cup sugar
- 1/4 cup lemon juice
- 2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg

CHEF'S TIP:

Substitute blueberries for strawberries to make a nice strawberry jam.



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