

Blackberry and Apple Jam (sugarless)

454g (1lb) blackberries
227g (1/2lb) cooking apples
225ml (8 floz) concentrated apple juice
½ juice of lemon

Method:

Wash and stalk the blackberries and put into a liquidiser or mash with a potato masher. Peel, core and slice apple thinly. And place into a large saucepan. Simmer the fruit in its own juice for 10 minutes stirring to stop burning.

Add the concentrated apple juice and boil for 10-12 minutes add juice of the lemon and boil 4-5 minutes until jam sets. Pour into small jars and seal.