

RASPBERRY APPLE PEEL JAM



This recipe makes enough jam to **SHARE** with your **FRIENDS** and **FAMILY** or to freeze!

INGREDIENTS



4 Cups
Frozen Raspberries
(Slightly Defrosted)



1/3 Cup
Unsweetened Applesauce



1
Apple



1/3 Cup
Maple Syrup or Honey



Mason Jars
for Freezing Jam

INSTRUCTIONS

1. In a large skillet over medium heat, bring raspberries to a simmer.
2. Add the unsweetened apple sauce and the maple syrup OR honey and continue to simmer for a few minutes making sure to stir regularly.
3. Simmer on low for 20 minutes and add the washed apple peels to the mixture.
4. Simmer for another 30 minutes on low until you are satisfied with the thickness of the jam.
Tip: Keep stirring regularly to make sure not to burn the jam!
5. Once the jam is thick enough, remove it from heat and allow the jam to cool. Remove the apple peels.
6. Transfer jam to mason jars and keep in the fridge for up to 3 days OR freeze and defrost and use in the future!