



Blueberry Jam

- 2 1/2 pints blueberries
- 4 cups sugar
- 1 Tablespoon Lemon Juice
- 1 pouch Certo Liquid fruit Pectin

Wash blueberries being sure to remove all stems then crush with a potato masher or fork. Stir in sugar and lemon juice. Bring mixture to a rolling boil. Stir in pectin and return to a full rolling boil. Boil 1 minute till jellies. Quickly ladle into prepared jars leaving 1/8 in head space. Process for 10 minutes in a hot water bath. Invert jars for 5 minutes than turn upright. After jars cool check for seals refrigerate if they did not seal.

<http://www.lincolntent.com/GFCF-Sauces.html>