



Low Sugar Blackberry Jam Recipe

By: PlantPoweredMama.net

Supplies:

- half pint jars and lids (any jar will work but I find this size to be the best)
- canning pot
- large pot for making the jam
- jar funnel/grabber
- potato masher
- ladle
- spoon

Ingredients:

- 6 cups mashed blackberries
- 2 cups natural sugar
- 3 TBS Low Sugar Pectin (or 1 box)

Directions:

1. Fill your large canning pot with water and bring to a boil. Ensure there is enough water in the pot to cover the jars. You will want to start this first because it takes the longest and must be boiling in order to successfully can. Once the water is almost to a boil add the jars and lids and process for 10 minutes to sterilize-then place on a clean towel to wait for the jam.
2. Measure out the berries, gradually add them to the pot over medium-high heat. Make sure to smash them with the potato masher one layer at a time.
3. Combine 1 cup of sugar and pectin, add to the blackberries. Bring the mixture to a rolling boil. Let the mixture boil for 2 minutes then remove from heat. Stir in the remaining sugar.
4. Ladle the jam into your prepared jars using the funnel. Wipe the jars down, place the lid on top and tighten with the ring.
5. Add the jars to your prepared water bath. Process for 10 minutes. Carefully remove the jars from the water bath and place on a clean towel. You will begin to hearing popping sounds. This is good..that is the jars sealing!
6. After the jars are completely cool, check the lids to make sure they sealed. To test, press down at the center of the lid if it doesn't spring back then it sealed. Don't worry if one of your jars didn't seal. Just place it in the fridge and enjoy that one first.