



## Quickest Fruit Jam

By Erin Fletter

**Prep Time** 40 / **Cook Time** / **Serves** 4 - 6

## Equipment

## Ingredients

Quickest Fruit Jam

- 1/2 to 1 C fresh or frozen (thawed) berries
- 1 T sugar/maple syrup/honey
- 1 small pinch salt

## Food Allergen Substitutions

Quickest Fruit Jam

## Instructions

Quickest Fruit Jam

add + mash

To a mixing bowl, add **1/2 to 1 cup of fresh or frozen and thawed berries** (strawberries, blackberries, blueberries, raspberries, etc., or a mix of berries!). Chop larger berries first to make them easier to mash. Next, add **1 tablespoon of sugar** and **1 pinch of salt**. Mash berries using a potato masher until you have a smooth consistency. A few small chunks can remain and are delicious! Or, add chopped berries, sugar, and salt to a resealable plastic bag, seal tightly, and squish with your hands until berries are mashed! Serve with warm High-Tea English "Crumpets" (see recipe) and Sweet and Savory Butters (see recipe)!