

Blueberry Vanilla Bean Jam

Ingredients

- Blueberries: You will need fresh or frozen blueberries for this recipe. If you are using frozen blueberries, make sure to thaw them before using them.
- Granulated sugar: The sugar is used to sweeten the blueberry jam.
- Lemon juice: Lemon juice is added to the jam for flavor and to help balance the sweetness of the sugar.
- Lemon zest: Lemon zest is an optional extra for this recipe. It strengthens the lemon flavor and gives the jam some extra kick. A little bit of lemon zest goes a long way.
- Vanilla extract: Vanilla extract is used to flavor the blueberry jam and it complements the fruit beautifully. You can use any type of vanilla extract or even a vanilla bean paste. **If using a fresh vanilla bean, be sure to scrape the caviar out of the vanilla bean pod for extra flavor.**

Prep Time 10 minutes Cook Time 15 minutes

Amount of Ingredients

- 5 lbs blueberries fresh or frozen
- 3 cups granulated sugar
- 4 tbsp lemon juice
- 3 tsp lemon zest
- 4 tsp vanilla bean caviar

Instructions

1. Wash the blueberries and pick out any stems or overripe fruit.
2. Add the blueberries, sugar, and lemon juice to a small saucepan and bring to a rolling boil over medium heat, stirring frequently.
3. 36 oz blueberries, 1.5 cup granulated sugar, 3 tbsp lemon juice
4. Boil the blueberry mixture for approximately 15 minutes, or until the mixture reaches 220 degrees Fahrenheit.
5. Towards the end of the cooking time, crush the berries with a potato masher or the back of a wooden spoon.
6. Turn off the heat and add the vanilla and lemon zest.
7. 1.5 tsp vanilla, 1.5 tsp lemon zest
8. Transfer to jars and allow to cool before refrigerating.

Nutrition

Calories: 37kcal Carbohydrates: 9g Protein: 0.2g Fat: 0.1g Saturated Fat: 0.01g Polyunsaturated Fat: 0.03g Monounsaturated Fat: 0.01g Sodium: 0.3mg Potassium: 18mg Fiber: 1g Sugar: 8g Vitamin A: 12IU Vitamin C: 3mg Calcium: 1mg Iron: 0.1mg

*** Nutritional information is based on third-party calculations and should be considered estimates. Actual nutritional content may vary based on brands of ingredients used, measuring methods, portion sizes, and more.**