



LOVE
FOOD
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NEW ZEALAND

DID YOU KNOW

This makes
 $\frac{1}{4}$ cup
of jam

EASY ONE CUP JAM

All you need to whip up this quick one cup jam is half a cup of berries and half a cup of sugar. Easy as! lovefoodhatewaste.co.nz



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EASY ONE CUP JAM

SERVES
4

TIME 10 MIN

Ingredients

½ cup sliced **strawberries**
or other **berries**
½ cup **sugar**

TIP

½ cup is equivalent to three large strawberries sliced, or half a punnet of blueberries.

Depending on your microwave 5 minutes will give you a runnier jam and 6 minutes a thicker jam.

Put your berries in an 8-cup glass measuring jug or a large microwave proof bowl.

Stir in the sugar. Microwave on high for 5–6 minutes, stirring every one minute. If your jam threatens to bubble up over the top of the jug, stir it more frequently.

Note this jam will only keep for a week.

Recipe creator: **Leanne Bayler**

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