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## Blueberry Jam

By Angeline D. Brauer, DrPH, MHS, RDN

### Ingredients

- ¾ cup dried blueberries
- ½ cup Hot water
- 4-5 large dates
- Pinch of salt
- Juice from ½ lemon

### Instructions

1. Place the blueberries and dates in a blender.
2. Pour hot water over blueberries and dates and let sit for 10 minutes to allow the fruit to soften.
3. Add all other ingredients and blend till smooth.
4. Keep refrigerated in a glass jar

### Check it Out

- Gluten-free