

Preparation

1. Remove the metal cover. Cover the container with a microwaveable anti-splash lid. Microwave on High 4 minutes or until the cranberries begin to soften and the mixture is bubbling.
2. Remove the anti-splash lid. Using a fork, coarsely crush the cranberries. Continue cooking for 2 to 3 minutes, checking the consistency every 30 seconds. When the cranberries burst and the preparation has thickened slightly, the jam is ready!

Serve with yogurt and granola for breakfast, spooned over meat or as an antipasto with cheese.

SCIENCE &
fourchette

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Homemade Cranberry Jam.

**With the
flavours of**

250 ml (4oz)
