

FOOD PRESERVATION



FOOD CONSERVATION

# Sugar-free Pineapple Jam



High sugar intake is not good for your health. It is linked to lifestyle diseases such as diabetes, cancer and heart disease. Added refined sugar is everywhere. You may not know you are consuming too much until you check. Sugar has some different names: Lactose, sucrose, fructose, dextrose and maltose are all sugar. Store bought fruits jams are often packed with a lot of sugar. These added ingredients contain empty calories which only contribute to overweight. When buying jam from the stores, read the labels carefully. It is good to know what you consume. Making by yourselves when you know the ingredients in the jam. Learn to make jam at home using natural and healthy ingredients. Pineapples are rich in vitamins, antioxidants and enzymes which helps to improve the immune system. They are low in calories though they are sweet. Pineapples contain high amounts of vitamin c and manganese which can fight free radicals. It has high levels of thiamin which helps to boost energy levels. Pineapples are fat-free, cholesterol free and low in sodium.

## Ingredients

10 kg pineapple.  
3 kg lemon.

## Instructions

Peel the lemon and keep the skins.

Peel your pineapple, cut it into small pieces.

Blend it in a blender.

Boil on medium heat, stirring often until it stops to bubble.

Lower the heat and add the lemon skins.

Pour into a clean glass jar and let cool for 30 minutes.

Store in an air tight glass container in the refrigerator.

Serve with bread or as desired.

The jam Can last up to 6 months if stored tight in the refrigerator.

