

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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[www.aspireperspirenourish.com](http://www.aspireperspirenourish.com)

## Pineapple Cherry Jam

1 small jar

### *Ingredients:*

2 cups	pineapple, finely chopped
1 cup	cherries, finely chopped (frozen or fresh)
1 cup	water
2 tbsp	lemon juice
1/2 cup	unrefined, organic coconut sugar

### *Directions:*

1. Combine pineapple, cherries and water in small pot, and cook on stovetop at medium low heat for about 40 minutes or until water reduces.
2. Add lemon juice and sugar and cook for another 45 to 60 minutes or until all water is absorbed.
3. Let cool and then refrigerate in glass jar. Will keep in fridge for about 3 months.

Note: Using less sugar than typical jam recipes and avoiding any artificial 'gelling' ingredients makes the texture of this jam chunkier and less gelatinous.