

Guava Jam

Ingredients

10 medium guavas cut up small

½ cup filtered water

1 cup sugar (if you want a pink jam then use organic raw or white sugar. I don't have any of those sugars so I used coconut sugar. Rapadura sugar would work well too)

Juice of ½ lime

Method

1. Place the guavas and water in a saucepan and put the lid on. Bring to the boil and then let simmer until the guavas are all mashed up. Check from time to time and give a stir so they don't stick to the bottom.
2. Place the mashed guava in a sieve and with a spoon press out any of the fruit and liquid. When the mixture is cool you can scrape off the flesh from the skin and add some of the skin to the liquid that is coming through the sieve. You want to separate the seeds from the fruit and liquid mixture.
3. Put the liquid mixture and the skins back in the saucepan with the sugar and let simmer for 1 hour or until the jam has thickened.
4. Add the lime juice and decant the hot jam into fully sterilised jars.

