

Grape Jam

Ingredients:

- 2 lbs. black seedless grapes
- 4 tbsp. coconut sugar or honey
- $\frac{3}{4}$ -1 cup water

Instructions:

1. Add all the ingredients except the water to a pan and begin cooking.
2. At high heat add water and simmer for ten minutes.
3. Blend in a high-speed blender for 5 minutes.
4. Let cool and serve.