

# Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



[www.goodenoughtoeat.net](http://www.goodenoughtoeat.net)

## Date and Apricot Jam

### You'll need:

1 cup dried apricots

1 cup pitted dates

440g tin crushed pineapple in natural juice (drain and save the juice)

### Here's what to do:

Place apricots and dates in saucepan

Add pineapple juice

Simmer until soft

Place in food processor and process until smooth

Stir pineapple through

This jam will keep for several weeks if stored in an airtight container and put in the fridge.

