

Simple Banana Jam

MyProductiveBackyard.com

(From Food.com)



Ingredients:

4 mashed ripe bananas, about 1 $\frac{3}{4}$ -2 cups
2 Tbsp lemon juice
1 Tbsp brown sugar
1/8 tsp ground nutmeg

Cooking Instructions:

Mash the bananas with a fork or in a blender if you want it very smooth.

Combine all ingredients in a saucepan.

Bring to a boil, reduce heat and simmer gently until mixture is thickened, 15-20 minutes.

Serve warm or cool.

Makes about 1 $\frac{1}{2}$ cups of jam.