

All Fruit Preserves

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Prep time: 5 mins Total time: 5 mins

Serves: 3 cups (48 tablespoons)

Ingredients

- 1 cup frozen blueberries
- 1 cup frozen raspberries
- 1 cup frozen blackberries
- 1½ cups dried pineapple (no added sugar)

Instructions

1. Combine all ingredients in a bowl; mix, cover, and refrigerate for 8-12 hours.
2. Transfer mixture to a food processor or blender and pulse until smooth. Store in refrigerator for up to a week.

Nutrition Information

Serving size: 1 tablespoon Calories: 21 Fat: 0.06 Carbohydrates: 5.1 Sugar: 4.0 Sodium: 12 Fiber: 0.56 Protein: 0.19
Cholesterol: 0

Recipe by Prevention RD at <https://preventionrd.com/2017/05/all-fruit-preserves-paleo-whole30/>