

P L U M J A M

- **1 pint microwaved Italian Prune Plums**
- **2 dashes cinnamon**
- **1 smidgen cloves**
- **1 smidgen cardamon**
- **1 dash salt**
- **1 Tbsp honey**
- **¼ teasp lemon oil**

Drain the plums well.

Boil down the juice until very thick.

Mash or chop the fruit; then add to the cooked down juice with the remaining ingredients.

Makes about 1 cup.

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