

Pineapple and Apricot Marmalade

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*3 1/2 cups white sugar
2 tins crushed pineapple
2 pounds dried apricots
2 oranges
1 lemon
3 1/2 cups water*

Soak the apricots overnight.

In the morning, drain the pot. Squeeze the juice of the oranges and lemon.

Place the pineapple, apricots, oranges and lemon into a food chopper. Chop to a chunky consistency.

Place the fruit pulp into a large pot. Add the juice and sugar.

Bring to a boil. Simmer until thickened to a jam consistency.

Place in jars and seal while hot.

Per Serving (excluding unknown items): 2596 Calories; 5g Fat (1.5% calories from fat); 38g Protein; 676g Carbohydrate; 92g Dietary Fiber; 0mg Cholesterol; 122mg Sodium. Exchanges: 44 1/2 Fruit.