

Derived Product

ID	447
Uses ID	1,794
Product Name	Jam
Product Description	Place pitted and halved plums in to the mixing bowl & drizzle with sugar. Stir plums until all coated with sugar. Bring it to a boil uncovered, stirring occasionally. Boil until mixture is bubbling uniformly
Notes	Rich in antioxidants, plum improves and maintains the health of your heart. Relieves constipation. Protects against cancer. Improves circulation of blood. Lowers cholesterol levels. Good for your skin. Good for your bones
Metadata ID	9,352