



## Jamaican Jams, Marmalades And Jellies (Paperback)

By Annemarie Troeder

Lmh Publishing, Jamaica, 2009. Paperback. Condition: New. Language: English . Brand New Book. The first in a series of cookbooks that highlights creative ways of utilising tropical fruits that are readily available in stores, for readers who are unlucky enough not to live in Jamaica like the author! Not only are the jams, jellies and marmalades tasty treats that can spice up breads and desserts, they are also nutritious and - with the change of a single ingredient - can be enjoyed by the health conscious, and even diabetics. With easy to follow instructions and inexpensive ingredients, this book offers a clear guide to making tasty, nutritious treats.



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