

'What's Cooking!' Recipe Cards

MICROWAVE ORANGE PINEAPPLE MARMALADE

**Food Fact:-**

This low sugar spread needs to be kept in a fridge.

High in vitamin C.

Preparation time 10 mins

Cooking time 12-15 mins



MICROWAVE ORANGE PINEAPPLE MARMALADE

Ingredients

1. Put quartered oranges into food processor that is fitted with a metal blade and process until ground.
2. In micro safe 2 1/2 ltr dish, combine oranges, pineapple, sugar and lemon juice.
3. Stir and mix it well.
4. Micro on high for 10 minutes or until it boils, stirring half way thru.
5. Continue to micro on high for another 3 minutes.
6. Cool, stirring occasionally.

2 large oranges, washed, quartered, seeded, skin left on (navels are preferred)

440ml can pineapple chunks, drained

(if you need some vitamin C...drink the juice, you won't be needing it for the recipe)

450gm sugar

2 tablespoons fresh lemon juice

Can be kept in refrigerator for up to a month and can be frozen for up to 6 months.