

# Delicious And Easy-To-Make Amla Jam Recipe



## Ingredients:

- 14 to 16 amla (gooseberry)
- 2 cups grated jaggery
- 5 to 6 green cardamom
- 1-inch cinnamon
- 5 to 6tbsp ghee (clarified butter)



## How to make:

1. Wash the amlas and boil them on a low flame until tender.
2. Strain the water and let them cool down. Remove seeds from amlas and mash or grind them using a spoon or grinder.
3. Grate the jaggery and grind the cardamom with cinnamon in a separate bowl.
4. Take a wide pan and add ghee to it. Keep the flame low throughout the cooking process.
5. Once the ghee heats, add the mashed amlas and stir it for five minutes.
6. Once the water completely evaporates, add the grated jaggery and stir continuously.
7. Once the mixture thickens and starts leaving edges, add the ground cardamom and cinnamon. Mix well.
8. Turn off the flame and let the jam cool. Transfer it to a glass or metal container and refrigerate.

