

PinkGirl's Breakfast Jelly Topping

2 tbsp sugar free seedless blackberry jam

2 tbsp sugar free apricot preserves

2 "sprinkles" of ground ginger

6 or 7, maybe 8, could be 10 chunks of canned pineapple

refrigerate for 8 minutes (this seems very important. use a timer.)

Makes 1 or 2 servings, depending on how much you want.

Great on pancakes, waffles, biscuits and toast! (FirstHusband and I think it would also work as a topping for pound cake or angel food cake.)